

DR. YACOBUCCI'S SLAP REPAIR POST-OP PROTOCOL:

Immed. Post-op: Patient discharged with shoulder immobilizer to be **worn at all times for 6 weeks** except: bathing, changing shirts, home exercises and P.T. Keep surgical incisions **dry at all times for 2 weeks**. Begin home exercises right away per your home exercise instruction sheet.

Post-op 2 Weeks: Begin P.T.: Therapist to begin **PASSIVE ROM**. **LIMIT EXTERNAL ROTATION TO 45 DEGREES**
Progress other planes of motion to full. Avoid Traction Mobilization of the joint until 12 weeks post-op.
Modalities as needed.

Post-op 4 Weeks: Begin Isometric Strengthening.

Post-op 6 Weeks: Discontinue the shoulder immobilizer.
PROGRESS EXTERNAL ROTATION TO FULL.
Begin Isotonic Strengthening.

Post-op 12 Weeks: Discontinue Physical Therapy. Continue shoulder exercises at home. Gradually resume full activity except contact sports and throwing.

Post-op 24 Weeks: Contact sports allowed. Return to throwing.

