



Anterior Stabilization and SLAP Repair

Sling for 6 weeks

Phase I- Passive-pendulums to warm up

Weeks 1 through 4

- Internal Rotation to body
- Forward elevation to 90 degrees in scapular plane
- External rotation to 0 degrees
- Isometric strengthen as tolerated

Phase II- Active-pendulums to warm up

Weeks 5 and 6

- Full Elevation and Internal rotation
- External rotation to 0 degrees
- Continue Isometric strengthening

Phase III- Resistive

Week 7

- FROM
- Sport Cord
 - Resistive forward elevation
 - External and internal rotation
 - Shrugs and rows
- Gradually increase external rotation to normal up to week 12
- Begin working on terminal stretch after week 10

Weight Training

Week 10

Weight training with slow progression over 4-6 weeks avoid wide grip bench, lat pull and military behind the neck. Avoid anterior capsule stress

Return to Activities

Contact sports 6 months

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