

# SLAP lesion repair

## **Day 1 – week 3:**

Polysling with body belt for 3 weeks

Finger, wrist and forearm movements

Assisted elbow flexion & extension in standing

Shoulder girdle exercises

Scapula setting exercises

Pendulum exercises

## **Week 3 – 6:**

Remove Sling

Active assisted progressing to active gleno-humeral flexion, abduction, internal and external rotation

Scapular stabilizer exercises

Regain scapula & glenohumeral stability working for shoulder joint control rather than range

Strengthen rotator cuff muscles

Posterior complex stretching

## **Week 6 onwards:**

Continue to regain posterior capsule mobility

Continue to progress rotator cuff rehabilitation

## **Return to functional activities**

**Return to work**            Sedentary job: as tolerated

Manual job:    6-8 weeks

**Driving**                    3-6 weeks

**Swimming**                Breaststroke: 3 weeks

Freestyle:       6 weeks

**Golf**                        6 weeks

**Lifting**                    Light lifting can begin at 3 weeks. Avoid lifting heavy items for 3  
months.

**Contact Sport**            E.g. Horse riding, rugby, football, martial arts, racquet sports and  
rock climbing: 12 weeks