

Arthroscopic SLAP Repair Steadman Hawkins Protocol

Phase 0- QUIET

Slings for 4 weeks

Week 0-2

Elbow/Wrist/Hand Only
Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 – PASSIVE

*Pendulums to warm-up
Passive ROM*

Week 2

Supine External Rotation – 0° to 30°
Supine Forward Elevation - 0° to 90°
Internal Rotation – therapist assisted (not behind the back)
Initial Core Program/Scapular Stabilization

Phase 2 – ACTIVE

*Pendulums to warm-up
Active ROM with passive stretch to prescribed limits*

Week 6

Supine→Seated Forward Elevation – gradually increase to full by week 12
Supine→Seated External Rotation - gradually increase to full by week 12
Internal Rotation – Full
Scapular Stabilization/Core Program

Phase 3 – RESISTED

Pendulums to warm-up and continue with phase 2

Week 8-10

Full PROM (Begin IR behind the back)
External and Internal Rotation
Standing forward punch
Seated Rows/Shoulder Shrugs
Bicep Curls/Bear Hugs
Progress Core and Scapular stabilization programs

Weight Training

Week 12

Keep hands withing eyesight, Keep elbows bent
Minimize overhead activities
(No Military press, pull downs behind head, or wide grip bench)

Return to Activities

Computer	4 weeks
Golf	8 weeks
Tennis	10 weeks
Contact Sports	4 months