**Rehabilitation Protocol:**
Superior Labral Tear (SLAP lesion)

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<th>ROM*</th>
<th>Sling / Immobilizer</th>
<th>Therapy</th>
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</table>
| **0 - 4 wks** | A / AA / ROM: 40 º ER 140 º FF IR as tolerated | Worn at all times. Only remove for hygiene and exercises with PT | • Wrist / hand ROM  
• Grip strengthening  
• Isometric abduction, ER / IR exercises with elbow at side  
• Elbow ROM |
| **4 - 6 wks** | A/AA/ PROM: Increase gradually to Full ROM as tolerated | none | • theraband  
• Scapular stabilizing exercises  
• gentle joint mobilization (grade I-II)  
• continue elbow/wrist exercises (*)  
• prone extensions |
| **6-12 wks** | Full | None | • theraband advance to light weights  
• Scapular stabilizing exercises  
• IR/ER isometrics / light strengthening  
• Post.capsular stretching |
| **4-6 mts** | Full | None | • Further advance exercises  
• progression to sports specific exercises  
• increase strengths and endurance |

* The patient is required to perform home exercises 3 times per day

Do not do **UBE** at any time during the rehab process