

**Gahanna / Reynoldsburg**

170 Taylor Station Road  
Columbus, Ohio 43213  
PH 614.545.7900  
FX 614.545.7901

**Hilliard**

3777 Trueman Court  
Hilliard, Ohio 43026  
PH 614.488.1816  
FX 614.488.0390

**Westerville**

300 Polaris Parkway, Suite 2150  
Westerville, Ohio 43082  
PH 614.545.7900  
FX 614.545.7901

**Grove City**

4151 Hoover Road  
Grove City, Ohio 43123  
PH 614.488.1816  
FX 614.488.0390

**Powell**

10330 Sawmill Parkway  
Powell, Ohio 43065  
PH 614.545.7900  
FX 614.545.7901

---

## Slap Lesion Protocol

There are no specific time guidelines to progress the patient through each phase. However, it is important to review the Phase duration guidelines proposed and not progress the patient too quickly. The therapist must take into consideration the individual patient's healing rate; extent of surgery; subjective and objective findings before advancing to the next phase. For Throwing Athletes: throwing should only begin when full pain free ROM and full strength is achieved

### **Phase I: (0-6 weeks)**

**Goals:**

Protect surgery  
Decrease pain  
Decrease inflammation  
Patient education  
Home exercise program

**Plan:**

Sling: 0-6 weeks  
Pendulum/cane - begin at 3 weeks  
Pulley - begin at 3 weeks  
Cervical spine stretches  
Scapular mobilization and strengthening - as soon as possible  
PROM - begin at 3-4 weeks \*\*\*  
To protect labrum: avoid abduction/External rotation at extreme end-range.  
Aquatic physical therapy  
Isometrics  
Modalities

### **Phase II: (about 4-6 weeks)**

**Goals:**

Control pain  
Control inflammation  
Improve functional ROM  
Increase strength  
Home exercise program

**Slap Lesion Protocol**  
**\*\*\*CONTINUED\*\*\***

Plan:

Modalities

Continued scapular and glenohumeral mobilization

Advance scapular and rotator cuff strengthening with light theraband and PRE's UBE

Advance pool exercises

**Phase III: (6 weeks+)**

Goals:

Functional ROM

Normalize strength/power

Return to activities (work, sports)

Light sports at 3-4 months

Heavy throwing at 4-6 months

Plan:

Advance strengthening program: weight training

Improve coordination; i.e.: diagonal lifting, plyoball

Sports specific training

Home exercise program



## **SLAP LESION PROTOCOL**