

Official Health Care Partner



**UAB MEDICINE**

ORTHOPAEDIC SURGERY

**Amit Momaya, MD**

Orthopedic Surgeon, Chief of Sports Medicine  
Team Physician for UAB, Legion FC, and Bulls Hockey  
Highlands Appointments: 205.930.8339  
MomayaMD.com

**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY ORDER – SLAP repair**

Sling for 3 weeks

**Phase 1**

Week 0-2

Sling: all times

Range of motion: none

Elbow/wrist/hand ROM, grip strengthening

**Phase 2**

Week 2-6

Sling: 2-4 weeks, then slowly wean out

ROM: active and active assisted to 45 deg ER, 140 deg FF, IR as tolerated

**Phase 3**

Week 6-12

Sling: none

ROM: progress to full as tolerated

Isometrics with band therapy (cuff, deltoid); begin prone extensions and scapular stabilizing exercises

**Phase 4**

Week 12-24 weeks

Slowly advance upper body exercises over 3 months

**Weight Training**

Keep hands in eyesight, keep elbows bent, no long lever arms.

Minimize overhead activities.

No military press, pull-down behind head, or wide grip bench

**Return to Activity**

Computer: Early weeks

Tennis: 16 weeks (no overhead)

Throwing Intervals: 6 months

Contact Sports: 6 months