

**Dr. Souster Protocol
SLAP Type II & IV Repairs**

#of weeks post op	ROM	Precautions	Exercise type
0-2	PROM Flex: 0-90° ER: 0-10° IR: 0-30°	- Use of sling - No AROM - PROM only - No biceps loading	- PROM for glenohumeral ROM only
2-4	PROM Flex: 0-130° ER: 0-30° IR: 0-45° ABD: 0-30°	- Use of sling - No AROM - PROM only - No biceps loading	- PROM for glenohumeral ROM only - Scapular mobilization - PNF scapular patterns
4-6	PROM Flex: 0-180° ER: 0-45° IR: 0-60° ABD: 0-60°	- No biceps loading	- D/C sling at 4 weeks - PROM and AAROM for glenohumeral ROM - Continue with scapular PNF patterns
6-9	PROM Flex: 0-180° ER: 0-60° IR: 0-70° ABD: 0-120°	- No biceps loading	- Begin AROM - IR/ER isometric and light isotonic exercises at 0° abduction
9-12	PROM Flex: 0-180° ER: 0-90° IR: 0-70° ABD: 0-180°	- No resisted biceps exercises	- Progress with resisted isotonic exercises (gradual progression with resistance) - PNF full shoulder patterns - Rotator cuff dynamic stabilization exercises - Throwers ten exercises with light resistance (1 Kg and progress by 1Kg per week)
12-16	Full ROM	- Progress biceps resistance exercises slowly	- Begin biceps loading exercises - Continue with resisted isotonic exercises - Begin 2 handed plyometric exercises - Progress to one hand plyometric exercises by week 14 - Continue with dynamic stabilization
16-20	Full ROM		- Return to power lifting (light to moderate weights) - Advanced neuromuscular re-education for dynamic shoulder complex stability - Begin interval sports program - Sport specific exercises

			- Continue with plyometrics and dynamic rotator cuff stabilization exercises
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