

Dr. Ruwe Slap Repair Protocol

Phase 1 (Day1-Week 2)

- Patient to wear sling at all times except when performing HEP
- PROM Flexion/elevation in scapular plane to tolerance.
External Rotation in scapular plane 0-15 degrees
Internal Rotation in scapular plane 0-45 degrees
- No AROM shoulder ER, extension or abduction
- Wrist/Hand AROM
- Begin sub maximal rotator cuff and periscapular isometrics
- No active elbow flexion

Phase 2 (Weeks 3-4)

- D/C sling at 4 weeks (if approved by MD)
- PROM Flexion/elevation in scapular plane to tolerance
Abduction to tolerance
External Rotation in scapular plane 0-30 degrees
Internal Rotation in scapular plane 0-60 degrees
- No AROM ER, elevation or extension beyond plane of the body
- Continue isometrics from phase 1
- No active elbow flexion

Phase 3 (Weeks 5-6)

- Begin AROM of the shoulder in gravity eliminated positions first
- Progress PROM slowly
Flexion/elevation in scapular plane to tolerance
Abduction to tolerance
External Rotation at 45 degrees of abduction 0-50 degrees
Internal Rotation at 45 degrees of abduction 0-60 degrees
- Begin periscapular and rotator cuff strengthening as tolerable
- Begin AROM of elbow

Phase 4 (Weeks 7-12)

- Restore full AROM and PROM by week 10
- Begin light resisted bicep exercises after week 6
- Continue with periscapular, rotator cuff, and deltoid strengthening

Phase 5 (Weeks 13-20)

- Begin light plyometric activities
- Initiate return to sport program such as throwing program (week 16)