

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



# Patient Flow Sheet

proaxistherapy™

## SLAP Repair

### **Phase 0- (QUIET)**

Slings for 5 weeks.

**Phase 1 - (PASSIVE)** *Pendulums to warm-up.*  
*Passive Range of Motion*

Week 1-3                      Supine to start and progress external rotation as tolerated  
Supine External Rotation - 0 °  
Supine Forward Elevation – 90°  
No Internal Rotation

Week 4 & 5                    External Rotation – Full  
Forward Elevation - Full

**Phase 2 - (ACTIVE)** *Pendulums to warm-up.*  
*Active Range of Motion with Terminal Stretch to prescribed limits.*

Week 6 & 7                    Supine → Seated External Rotation - (gradually increase to full by week 12)  
Supine → Seated Forward Elevation - (gradually increase to full by week 12)  
Internal Rotation – Full

**Phase 3 - (RESISTED)** *Pendulums to warm up and continue with phase 2*

Week 8                            External and Internal Rotation  
Standing forward punch  
Seated rows  
Shoulder Shrugs  
Bear Hugs

**Weight Training**            Avoid anterior capsular stress.  
Keep hands within eyesight, Keep elbows bent.

Week 10                           Minimize overhead activities  
(No military press, pull-down behind head, or wide grip bench)

### **Return to Activities**

Computer	Early weeks
Golf	12 weeks (chip and putt only)
Throwing Intervals	16 weeks
Tennis	16 weeks (no overhead)
Contact Sports	6 months

### **Surgeon Comments:**

Therapist Name \_\_\_\_\_