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**Post-Op Protocol for Gregory V. Gomez, MD**  
**Arthroscopic SLAP Repair**

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Week 0-3

- Maintain sling use
- No active use of the shoulder
- Pendulum hangs, passive ER
- Scapular stabilization
- No lifting greater than a coffee cup
- Core strengthening for athletes

Week 3-6

- Wean out of sling (maintain for one more week in public)
- Begin PT
  - Phase I and II stretching
    - \*Static progressive stretching
  - Overhead pulley
- No lifting > 5 lbs
- Sleeper stretches

Week 6-12

- Add phase I strengthening
- Biceps and triceps strengthening

Week 12-16

- Total arm strengthening

Week 16

- Return to play
- Work hardening
- Throwing protocol at 16 weeks post op