

Dr. Curtis Noel's Protocol for:

SLAP REPAIR



Sling Use: Sling for 4 weeks

Phase I: (Passive)	Week 0-3	<ul style="list-style-type: none"> • Pendulums to warm-up • Passive Range of Motion • Supine External Rotation – 0 • Supine Forward Elevation - 90 • Internal Rotation – beltline
	Week 4	<ul style="list-style-type: none"> • Supine External Rotation – Full • Supine Forward Elevation - Full • Internal Rotation – Full

Phase II: (Active/Assistive)	Week 5	<ul style="list-style-type: none"> • Pendulums to warm-up • Active Assistive Range of Motion with Terminal Stretch to prescribed limits • Supine-Seated External Rotation - Full • Supine-Seated Forward Elevation - Full • Internal Rotation - Full
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Phase III: (Resisted)	Week 6&7	<ul style="list-style-type: none"> • Pendulums to warm up and continue with phase 2 • External and Internal Rotation • Standing forward punch • Seated rows • Bicep Curls • PRE's for Periscapular Strengthening
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Weight Training:	Week 8	<ul style="list-style-type: none"> • Keep hands within eyesight, Keep elbows bent • Minimize overhead activities (No Military press, pulldown behind head, or wide grip bench)
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Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	8 weeks	Golf
	10 weeks	Tennis
	4 months	Contact Sports
	4 months	Throwing