

# UCSF Physical Therapy Referral

## **UCSF Sports Medicine at the Orthopaedic Institute**

### Physical Therapy Prescription-SLAP Repair

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

#### EARLY POST OP (0-2 weeks)

GOALS: Pain and swelling control

Begin passive motion program

EXERCISES/RESTRICTIONS:

Rest, ice to affected shoulder

Continue sling at all times except for bathing

Passive forward flexion to 90 degrees

Passive external rotation to 30 degrees

Scapula isokinetics

Pendulum exercises

No active elevation of arm

No lifting of objects with arm

#### PHASE I (2-6 weeks)

GOALS:

Healing of repair

Restoration of passive ROM

EXERCISES/RESTRICTIONS:

Sling at all times except bathing

Passive forward flexion to 120

Passive external rotation to 30

Scapula isokinetics

Pendulum exercises

No active elevation of arm

No lifting of objects with arm

#### PHASE II (6-12 weeks)

GOALS:

Full ROM

EXERCISES/RESTRICTIONS:

Discontinue sling

Modalities for pain control

Passive/Active ROM

Biceps/Triceps strengthening

Scapular stabilization program

Rotator cuff strengthening program when FF > 90 and abduction >90

Pulleys OK

Pool therapy for ROM

Teach home program

#### PHASE III (12-18 weeks)

GOALS:

Full ROM

---

### **UCSF Orthopaedic Institute**

1500 Owens Street Ste 170 | San Francisco, CA 94158

Phone: 415-353-2808 | Fax: 415-353-7593 | [orthosurg.ucsf.edu](http://orthosurg.ucsf.edu)

Begin rotator cuff strengthening program  
Strength to 90% compared to other side

**EXERCISES/RESTRICTIONS:**

rotator cuff strengthening program  
Continue with aggressive PT  
Modalities for pain control  
Passive/Active ROM  
Biceps/Triceps strengthening  
Scapular stabilization program  
Rotator cuff program with weights  
Pulleys OK  
Pool therapy for ROM  
Teach home program

PHASE IV (>18 weeks)

GOALS: Return to sport

EXERCISES/RESTRICTIONS: Advance to sport specific activities

UCSF Orthopaedic Institute

1500 Owens Street, #201

San Francisco, CA 94158

Ph: 415.353.7566 Fax: 415.885.3838