



Physical Therapy– SLAP Repair, MOON Protocol

Diagnosis: R / L SLAP Repair

Date of Surgery: _____

Frequency: 2-3 Times Per Week for ____ weeks to being one week after surgery

0-6 Weeks:

- **Sling with abduction pillow:** at all times except for hygiene for 6 weeks
- **Range of Motion:**
 - o Weeks 1-2: PROM, AAROM including FF to 60 degrees, ER to neutral with arm at side, IR to 45 degrees, *No active ER, extension, or abduction*
 - o Weeks 3-4: PROM, AAROM including FF to 90 degrees, Abduction to 85 degrees, ER at 30 degrees of Abduction to 30 degrees, IR at 30 degrees of abduction to 60 degrees, *No active ER or extension*
 - o Weeks 5-6: PROM, AAROM including FF to 145 degrees, ER at 45 degrees of abduction to 50 degrees, IR at 45 degrees of abduction to 60 degrees
 - o Week 6: initiate gentle ROM at 90 degrees of abduction, progress to 30 degrees of ER
- **Exercises:** begin gentle isometrics at week 2; but no ER/IR
 - o Weeks 3-4: begin scapular stabilizers (protraction, retraction) with arm in sling
 - o Weeks 5-6: initiate active shoulder Abduction (without resistance), “full can” exercises, prone rowing, prone horizontal abduction
 - o Week 6: start biceps isotonic
- **Modalities:** per therapist including E-stem, dry needling, ultrasound, heat before therapy and ice after

7-14 Weeks:

- **Range of Motion:**
 - o Increase as tolerated, goal is full ROM by week 10, full AROM by week 12
 - o Week 10-11: progress ROM to functional demands (overhead athlete, throwing motions)
- **Therapeutic Exercises:** continue above, progress isotonic strengthening program, PNF strengthening, stretching
 - o **Weeks 7-9:** initiate throwers Ten Program
- **Modalities:** per therapist including E-stem, dry needling, ultrasound, heat before therapy and ice after

15-20 Weeks:

- **Therapeutic Exercises:** continue above, advance as tolerated
 - o Weeks 14-16: initiate light plyometric program, restricted sports activities including light swimming and half-golf swings
 - o Week 16: initiate interval sport program (throwing program)
 - o *Ok to return to contact sports or heavy labor at 20 weeks if patient has full non-painful ROM, satisfactory static stability, muscular strength 75-80% contralateral side, and no pain/tenderness*
- **Modalities:** per therapist including E-stem, dry needling, ultrasound, heat before therapy and ice after

20+ Weeks:

- **Therapeutic Exercises:** advance above as tolerated, progress interval sport programs
- **Return to pitching if successfully completes interval throwing program without pain and has full functional ROM, satisfactory stability, and no pain/tenderness**