

Dr. John Drawbert, Dr. Troy Berg, Dr. Jose Padilla, Dr. John Berschback
 Patient _____

Chippewa Valley Orthopedics & Sports Medicine

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D.O.S. _____

ARTHROSCOPIC SLAP REPAIR

	WEEK 1-3 Begins on DOS	WEEK 4-5	WEEK 6-9	WEEK 10-12	WEEK 13+	
PASSIVE SCAPTION	0-60°	Increase as tolerated				
ACTIVE SCAPTION	NONE	Pain free AAROM	AROM	FULL		
PASSIVE ER	NONE (week 0-3) 10° (week 4)	20° (week 5) *May progress faster for Dr. Berg/Padilla if pain free	30° (week 6)	60° (week 9)	90° (week 12)	
ACTIVE ER	NONE	Pain free AAROM	AROM 10° (week 6)	40° (week 9)	70° (week 12)	
PASSIVE IR	NONE	55-60° (scapular plane)	55-60° (in 45° abd)	70-75° (in 90° abd)		
IMMOB/SLING	YES	WEAN	none	none	none	
P.T. visits/week	1-2	2-3	2-3	1-3	1-3	
EXERCISES	AROM (cervical, elbow, wrist, hand)					
	Passive Pendulums	AAROM wand FLEX, ER	AROM for FLEX and ER			
Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060	Pulleys (begin week 2)		Biceps AAROM progressing to AROM & Resistance as tolerated			
	PROM.....Progressing to AAROM as tolerated					
	<ul style="list-style-type: none"> PT visits/week may vary Individual exercise progression may vary Return to sport/work by MD only. 	Joint mobilization				
		Rhythmic Stabilization / Initiate Isometric Scapular Stabilization				
		Scapular retraction/ Depression-Swiss ball	Tubing/prone (row, ext, abd), scap stab	Add seated row		
		Sub-max isometrics with flexed elbow FLEX, EXT, ER, IR **NO isolated BICEPS contraction	Max Isometrics progressing to manual resistance	Add tubing/theraband	Add PRE's, PNF, 90/90 possible	
Add Plyometrics per MD						
		Weight bearing in closed kinetic chain position				
Reviewed						

January 2016		UBE
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