

Dr. Brent Carlson

Chippewa Valley Orthopedics & Sports Medicine

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Patient _____

D.O.S. _____

ARTHROSCOPIC SLAP REPAIR

	WEEK 1-3 Begins on DOS	WEEK 4-5	WEEK 6-7	WEEK 8-12	WEEK 13+	
PASSIVE SCAPTION	0-60°	Increase as tolerated				
ACTIVE SCAPTION	NONE	Pain free AAROM	AROM	FULL		
FLEXION	Passive to AA 0-90	Advance as able, no restrictions				
PASSIVE ER	10°	30°	40° **Increase by 10° weekly until full**			
ACTIVE ER	NONE	Pain free AAROM	AROM 20° (week 6)	40° (week 9)	70° (week 12) **Increase by 10° weekly until full**	
PASSIVE IR	NONE	55-60° (scapular plane)	55-60° (in 45° abd)	70-75° (in 90° abd)		
IMMOB/SLING	YES	WEAN	WEAN	D/C		
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			
	PROM (elbow, forearm)					
Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060 April 2015	Table slides		Biceps AAROM progressing to AROM & Resistance as tolerated			
	PROM of shoulder.....Progressing to AAROM as tolerated.					
	<ul style="list-style-type: none"> PT visits/week may vary PROM elbow 6 wks Individual exercise progression may vary Return to sport/work by MD only. 	Joint mobilization				
		Rhythmic Stabilization / Initiate Isometric Scapular Stabilization		Add resistance		
		Scapular retraction/Depression		Isotonics/prone (row, ext, abd), scap stab	Add seated row	
Sub-max isometrics with flexed elbow FLEX, EXT, ER, IR		Max Isometrics progressing to manual resistance	Add tubing/theraband	Add PRE's, PNF, 90/90 possible		
**NO isolated BICEPS contraction		Weight bearing in closed kinetic chain position				
		UBE				

