

## SLAP Repair, Bankart Repair, Biceps Tenodesis

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

	WK 0-2	WK 3-4	WK 5-6	WK 7-9	WK 10-12	WK 13-16	WK 16-20	WK 21-26
<b>PROM Scap</b>	90°		145° or more	Continue to progress AROM/PROM. Full by week 10	Continue stretching program if ROM is not full by 10 weeks. (Scap to 180°, ER to 90°, IR to 79°)	Continue Stretching as needed  Maintain full ROM  ER up to 120° for throwers in 90°/90° position		
<b>AROM Scap</b>	None (AAROM to 90°)		90° (and 90° ABD)					
<b>PROM ER</b>	30°		50°					
<b>AROM ER</b>	None (AAROM to 30°)		50°					
<b>PROM IR</b>	45°	60°						
<b>Sling</b>	Yes	Yes (d/c for sleep)	D/C at week 6					
<b>Exercises</b>	Elbow, hand and wrist ROM		AROM supination, supine flexion		Submax Isometrics and AROM for Biceps		Isotonic elbow flexion and forearm supination	
	Table flexion, Swiss Ball roll, Pulleys, Supine stick ER, Standing stick Flexion, IR/ER							
	Pendulums, Scapular Retraction			Prone Horizontal Abduction, Extension, Rows		Continue to progress rotator cuff and scapular strengthening		
	Submax shoulder isometrics in neutral, light rhythmic stabilization			Isotonic IR/ER with bands and weights				
	<b>No resistive active isolated biceps activity (elbow flexion or forearm supination) for 6 weeks</b>			SA punches	Advance resistance weights & bands	Light plyometrics (2 hand → 1 hand)	Continue PRE and Plyometrics	Progress interval sports programs. Begin throwing from mound WKS 24+
				Sidelying ER				
			Standing “I”, “Y”, “T” ≤ 90°	Standing “I”, “Y”, “T” ≥ 90°				
<b>No throwing/overhead sports until week 20</b>			Any Questions? Please contact: <b>Northwoods Therapy Associates</b> Altoona, WI    Chippewa Falls, WI (715) 839-9266    (715) 723-5060					

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