

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+	
<b>PASSIVE SCAPTION</b>	0-60°	Increase as tolerated				
<b>ACTIVE SCAPTION</b>	NONE	Pain free AAROM	AROM	FULL		
<b>FLEXION</b>	Passive to AA 0-90	Advance as able, no restrictions				
<b>PASSIVE ER</b>	10°	30°	40° <b>**Increase by 10° weekly until full**</b>			
<b>ACTIVE ER</b>	NONE	Pain free AAROM	AROM 20° (week 6)	40° (week 9)	70° (week 12) <b>**Increase by 10° weekly until full**</b>	
<b>PASSIVE IR</b>	NONE	55-60° (scapular plane)	55-60° (in 45° abd)	70-75° (in 90° abd)		
<b>IMMOB/SLING</b>	YES	WEAN	WEAN	D/C		
<b>P.T. visits/week</b>	1-2	2-3	2-3	1-3	1-3	
<b>EXERCISES</b>	AROM (cervical, elbow, wrist, hand)					
	Passive Pendulums	AAROM wand FLEX, ER	AROM for FLEX and ER			
	PROM (elbow, forearm)					
<b>Any questions, please contact :</b>  <b>Northwoods Therapy Associates</b>  <b>Altoona, WI (715) 839-9266</b>  <b>Chippewa Falls, WI (715) 723-5060</b>  SEPTEMBER 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"> <li>PT visits/week may vary</li> <li>PROM elbow 6 wks</li> <li>Individual exercise progression may vary</li> <li><b>Return to sport/work by MD only.</b></li> </ul>	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		
<b>**NO isolated BICEPS contraction</b>		Weight bearing in closed kinetic chain position				
		UBE				
		Add Plyometrics per MD				

