

Dr. Troy Berg, Dr. Jose Padilla, Dr. John Berschback, Dr. Nathan Harris  
 Chippewa Valley Orthopedics & Sports Medicine  
 1200 OakLeaf Way, Suite A Altoona, WI 54720  
 757 Lakeland Drive, Suite B Chippewa Falls, WI 54729

Patient \_\_\_\_\_  
 D.O.S. \_\_\_\_\_

### ARTHROSCOPIC SLAP REPAIR

	WEEK 1-3 Begins on DOS	WEEK 4-5	WEEK 6-9	WEEK 10-12	WEEK 13+	
<b>PASSIVE SCAPTION</b>	0-60°	Increase as tolerated				
<b>ACTIVE SCAPTION</b>	NONE	Pain free AAROM	AROM	FULL		
<b>PASSIVE ER</b>	NONE (week 0-3) 10° (week 4)	20° (week 5) <b>*May progress faster for Dr. Berg/Padilla if pain free</b>	30° (week 6)	60° (week 9)	90° (week 12)	
<b>ACTIVE ER</b>	NONE	Pain free AAROM	AROM 10° (week 6)	40° (week 9)	70° (week 12)	
<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	none	none	none	
<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			
<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>  Reviewed January 2016	Pulleys ( begin week 2)		Biceps AAROM progressing to AROM & Resistance as tolerated			
	PROM.....Progressing to AAROM as tolerated					
	<ul style="list-style-type: none"> <li>PT visits/week may vary</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				
		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 <b>**NO isolated BICEPS contraction</b>	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				
		UBE				