



ORTHOPEDIC SURGERY

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PODIATRY

Timothy D. Blankers, DPM
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CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

OFFICE LOCATIONS

1200 1st Ave. E., Suite C
Spencer, IA 51301
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1525 West 5th St., Pod C
Storm Lake, IA 50588
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2301 HWY 71, Suite E
Spirit Lake, IA 51360
Phone: 712-336-8708
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www.nwiabone.com

SLAP Repair Post-Surgical Rehabilitation Protocol

Post-Op Days 1-7

- Sling x6 weeks- even while sleeping
 - Place pillow under shoulder/arm while sleeping from comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Shoulder shrugs/scapular retraction without resistance
- Ice for pain control

Days 7-14

- PROM to tolerance
- Continue sling x 6 weeks
- Continue appropriate previous exercises
- Full pendulum exercises
- Active assist motion (AAROM) supine with wand
 - Flexion to 90 degrees
 - Abduction to 60 degrees
 - ER to 15 degrees
 - IR to 45 degrees

Goal

- AAROM flexion to 90 degrees, Abduction to 60 degrees

Weeks 2-4

- PROM to tolerance
- Continue appropriate previous exercises
- AAROM supine with wand
- Flexion to 120 degrees

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- Abduction to 90 degrees
- ER to 30 degrees
- IR to 60 degrees

Goal

- AAROM flexion to 150 degrees, Abduction to 120 degrees

Weeks 6-9

- D/C sling
- Continue appropriate previous exercises
- AAROM, AROM through full range
 - Begin pulleys prn
 - Wand behind back or IR
- Rotator cuff strengthening with Thera-Band
 - ER and IR arm at side with rolled towel in axilla
 - Flexion to 60 degrees
 - Abduction to 160 degrees
 - Scaption to 60 degrees
 - Extension to 30 degrees
- Standing rows with Thera-Band
- Resistive elbow/wrist exercises with light dumbbell
- Push-up progression-wall
- Body blade
- Ball on wall (arcs, alphabet)
- BAPS on hands
- UBE – forwards and backwards at low resistance
- Elliptical trainer
- Stairmaster
- Pool walking/running – no UE resistive exercises

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Goal

- Full AROM

• Weeks 9-12

- Continue appropriate previous exercises with increased resistance
- PROM/mobilization as needed to regain full ROM
- Seated row weight machine with light weight
- Push-up progression – wall to table
- Ball toss with arm at side using light ball
- Treadmill – running progression program
- Pool therapy – with UE resistance

• Goal

- Rotator cuff strength WNL

• Months 3-4

- Continue appropriate previous exercises
- Fitter on hands
- Ball toss overhead
- Weight training with light resistance (no overhead press, pull downs, lateral lifts)
- Push up progression – table to chair

Months 4-6

- Continue appropriate previous exercises
- Push-ups, regular
- Sit-ups
- Swimming
- Running progression to track
- Progressive weight training program
- Transition to home/gym program

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Goal

- Resume all activities

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