

SLAP tear, Scapular Dyskinesis Non-Operative Physical Therapy Protocol

Weeks 1-4

- PROM: full in all planes; PROM with scapular stabilization
- Scapular plane elevation to 90 degrees
- Pec minor release and stretching
- Elastic Band ER/IR
- Bodyblade: ER/IR in modified neutral
 - Scapular plane elevation at 90 degrees
- Teach scapular stabilization with shoulder ROM
- Periscapular strengthening such as:
 - wall push-ups
 - supine punch-ups
 - prone scapular retraction with horizontal abduction with IR and ER rowing,
 - shrugs
 - press-ups
- Modalities (address biceps tendonitis if diagnosed)
- *If biceps tendonitis, avoid biceps irritation, biceps strengthening
- Teach home stretching and strengthening

Weeks 4-8

- Advance periscapular strengthening (bilateral)
- Advance rotator cuff, deltoid strength
- Maintain capsular elasticity with capsular stretches (Posterior capsule if throwing athlete)
- Advance to sport specific function and specific strengthening

Weeks 8+

- Increase speed of training, function/sport specific

****MUST HAVE HOME EXERCISE PROGRAM & THERABANDS**