





## Twincitiesshoulderandelbow.com Dr. Chad Myeroff's Rehabilitation Protocol

Scapular Dyskinesia / Thoracic Outlet / SLAP Tear Non-Op

## Three times per day home exercise program including:

- Phase I
  - 4 quadrant stretches using A/AA/PROM
    - Wall climbs, table slides
    - Wand exercises: Supine gravity eliminated FF and external rotation. IR behind the back, sleeper stretches
    - Pec minor stretches (in doorway)
  - Posture exercises
  - Periscapular isometrics
    - Rhomboid, Latissimus, Deltoid
  - Periscapular proprioception and stabilization
- Phase II (when full ROM achieved)
  - Progress to rotator cuff and periscapular strengthening
    - Including isometrics and therabands
  - Continue to focus on periscapular proprioception and stabilization
- Phase III
  - o Progress towards generalized strengthening and core conditioning
  - Return to sport or work hardening program

\*OK for modalities as indicated including pool therapy, dry needling, acupuncture as long as it does not detract from regaining motion, posture and strength

More info: twincitiesshoulderandelbow.com/slap-tears-shoulder-elbow-specialist-minneapolis-saint-paul.html

This document does not necessarily represent the opinion of these parent health organizations. It is designed in good faith to increase your understanding of this injury and your treatment options. It does not replace the opinion, discussion, and treatment from a trained medical professional.