

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
 - 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