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Dr. Chad Myeroff's Rehabilitation Protocol

Scapular Dyskinesia / Thoracic Outlet / SLAP Tear Non-Operative

**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 high level functional ADLs and simulation of work environment

\*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/](http://twincitiesshoulderandelbow.com/slap/)



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