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## **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**