

PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC

Dr Harshada Rajadhyaksha

B.Sc(PT), PGDR (Rehab),PGD (Diet & Nutrition)

DIRECTOR & CONSULTANT

www.prakrutihealth.com

Dr Vipul Chavda

B.P.T.,M.P.T(Sports & Ortho)

CONSULTANT

prakrutisportsclinic@yahoo.com

26360235/9920411665

Rehabilitation Program After Repair of S.L.A.P. Lesions

Weeks 0-3

- Sling for 3 weeks
- Wear **immobilizer** during sleep 2-3 weeks
- Elbow/hand ROM & Gripping exercises
- Codman's pendulum exercises after 10 days
- **PROM** for flexion as tolerated and ER to 30 at neutral
- **No shoulder extension or Combined Abduction/ER**
- Submaximal isometrics (**NO BICEPS STRENGTHENING**)
- Ice packs as needed to control pain and swelling

Weeks 3-6

- Progress to Full Flexion as tolerated
 - ER in scapular plane to 25-30 degrees & progress to full by 6wks
 - IR in scapular plane progress to full as tolerated
 - Abduction up to 90 degrees
 - **No shoulder extension or Combined Abduction/ER**
- Continue isometrics (**NO BICEPS STRENGTHENING**)

At 4 weeks begin dynamic stabilization (Scapular Stabilization exercises) & Theraband strengthening for **shoulder except ABD & EXT ROT**

Weeks 6-10

- May begin extension
- Should gain full ROM
- Progressive isotonic strengthening(Theraband Exercises)
- **Begin biceps isometrics at 6 weeks and progressive isotonic at 8 weeks**

Weeks 10-14:

- Continue strengthening exercises in the GYM
 - Throwers Ten Program (for overhead athlete)
 - Isotonic strengthening for entire shoulder complex
- Begin sports specific exercises
- Initiate progressive **plyometric** exercises
- May initiate "controlled" swimming, golf swings, etc.
- Progressive **isotonic** machine weight training

E mail: prakritisportsclinic@yahoo.com

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