Rehabilitation prescription for:



Pediatric Orthopedic and Scoliosis Center Rehabilitation Medicine Center

Dr. Tysklind's SLAP Repair Rehabilitation Protocol

Diagnosis: R / L

Procedure date:

S/P:

	WEEK											MONTH			
	1	2	3	4	5	6	7	8	9	10		3	4	5	6
PHASE 1 EXERCISES PROM															
Pendulums	•	•	•	•	•	٠	٠	٠							
Forward Elevation 0 to 90			•	٠	•	٠	٠	٠	٠	•		•	•	•	٠
Full Forward Elevation							٠	٠	٠	•		•	•	•	٠
External Rotation 0 to 30			•	٠	•	٠	٠	٠	٠	•		•	•	•	٠
External Rotation 0 to 45			•	٠	•	٠	٠	٠	٠	•		•	•	•	٠
Full External Rotation							٠	٠	٠	•		•	•	•	٠
Full Internal Rotation			•	٠	•	٠	٠	٠	٠	•		•	•	•	٠
PHASE 2 EXERCISES AROM															
Pendulums	•	•	•	•	•	٠	٠	٠							
Full Forward Elevation							٠	٠	٠	•		•	•	•	٠
External Rotation 0 to 30				•	•	٠	٠	٠	٠	•					
External Rotation 0 to 45				•	•	٠	٠	٠	٠	•					
Full External Rotation							٠	٠	٠	•		•	•	٠	٠
Full Internal Rotation				٠	•	٠	٠	٠	٠	•		•	•	•	٠
PHASE 3 STRENGTHENING															
EXERCISES															
External Rotation							٠	٠	٠	•		•	•	•	٠
Internal Rotation						٠	•	٠	•	•		•	•	•	•
Forward Punch						٠	٠	٠	٠	•		•	•	•	٠
Seated Rows								٠	•	•		•	•	•	•
Shrugs						٠	٠	٠	٠	•		•	•	•	•
Curls						٠	٠	٠	٠	•		•	•	•	•
PHASE 4 RETURN TO HIGH															
LEVEL ACTIVITIES															
Golf													•	•	•
Tennis													•	•	•
Football/Lacrosse/Hockey														•	•
Baseball/softball													•	•	•

Patient label

Additional Instructions:

*Keep hands within eyesight, minimize overhead movements *No military press, pulldowns behind neck or wide grip bench

Robert G. Tysklind, MD

Date