



Slap Tear Exercises Pdf

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1. Discontinue sling and continue above exercises 2. P/AAROM if needed to full ROM 3. Gentle cross body adduction stretch for posterior capsule 4. Standing full AROM for flexion and . When the superior (upper) part of the labrum is torn, it is often termed a SLAP tear. This acronym stands for superior labrum from anterior to posterior. A SLAP tear can happen traumatically or . A superior labrum anterior and posterior (SLAP) tear involves a tear in the 10 o'clock to 2 o'clock positions on the glenoid and frequently involves the LHBT. A SLAP tear can be caused by an . exercises • No AROM or isometrics for forward elevation • No ER ROM at 90° abduction • No IR behind the back • No biceps contraction • No weight bearing/closed chain exercises through involved UE Goals: • Protect healing labrum, glenoid and biceps tendon anchor (if involved) • Minimize effects of immobilization. 3. ALWAYS stabilize the scapula when performing strengthening exercises 4. Achieve full passive ROM by week 4 and AROM by week 8 5. Achieve adequate muscle control and strength to return to full activity I. Protection Phase (Week 0 – 5) A. Week 1 1. Use sling at all times except for PROM exercises (for 4 weeks) 2. injury include: • Falling on an outstretched arm • Direct blow to the shoulder • Sudden pull, such as when trying to lift a heavy object • Forceful overhead motions Tears can be located either above (superior) or below (inferior) the middle of the glenoid. A SLAP lesion (superior labrum, anterior [front] to posterior [back]) is a tear.