

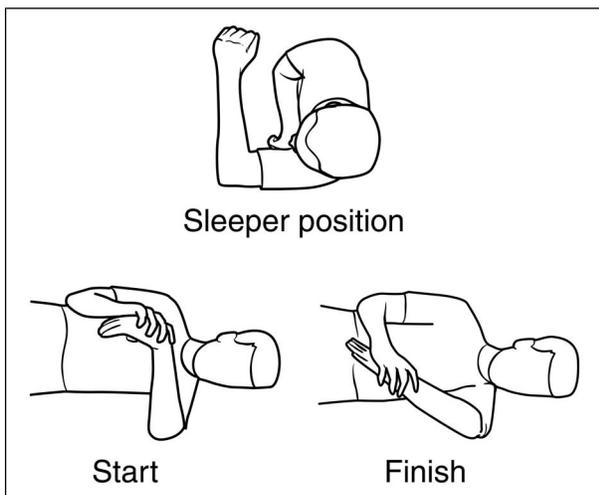
Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR SLAP LESIONS

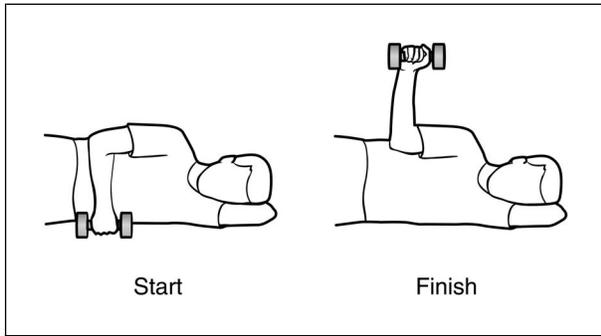
Perform the exercises in the order listed. Apply dry or moist heat to the shoulder prior to the exercises and during the sleeper stretch. To reduce inflammation, apply a bag of crushed ice or frozen peas to the shoulder for 15 to 20 minutes after performing both exercises. You should not experience pain during or after the exercises. If the exercises cause pain, call your doctor. Avoid activities that may cause additional damage to the labral tear, such as arm curls while lifting heavy objects (heavier than 5 pounds), overhead sports activities (a tennis serve or throwing a baseball), and reaching overhead or behind your body.

| Exercise Type | Muscle Group | Number of Repetitions/Sets | Number of Days per Week | Number of Weeks |
|-------------------|---------------------------------------------------|---------------------------------------------------------------------|-------------------------|-----------------|
| Sleeper stretch | Infraspinatus Teres minor Posterior capsule | 4 repetitions/2 to 3 sets | Daily | 2 to 3 |
| External rotation | Infraspinatus Teres minor Posterior deltoid | 8 to 10 repetitions/2 sets, progressing to 15 repetitions/3 sets | 3 | 2 to 3 |



SLEEPER STRETCH

Lie on your side on a firm, flat surface with the affected shoulder under you and the arm positioned as shown, keeping your back perpendicular to the surface. With the unaffected arm, push the other wrist down, toward the surface. Stop when you feel a stretching sensation in the back of the affected shoulder. Hold this position for 30 seconds, then relax the arm for 30 seconds. Perform 2 to 3 sets of 4 repetitions daily. Continue for a total of 2 to 3 weeks.



EXTERNAL ROTATION

Lie on your side on a firm, flat surface with the unaffected arm under you, cradling your head. Hold the injured arm against your side as shown, with the elbow bent at a 90° angle. Slowly rotate the arm at the shoulder, keeping the elbow bent and against your side, to raise the weight to a vertical position, and then slowly lower the weight to the starting position to a count of 5. Begin with weights that allow 2 sets of 8 to 10 repetitions and progress to 3 sets of 15 repetitions. Add weight in 1-pound increments, starting over with 8 to 10 repetitions each time weight is added. Perform the exercise 3 days a week. Continue for a total of 2 to 3 weeks.