

Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

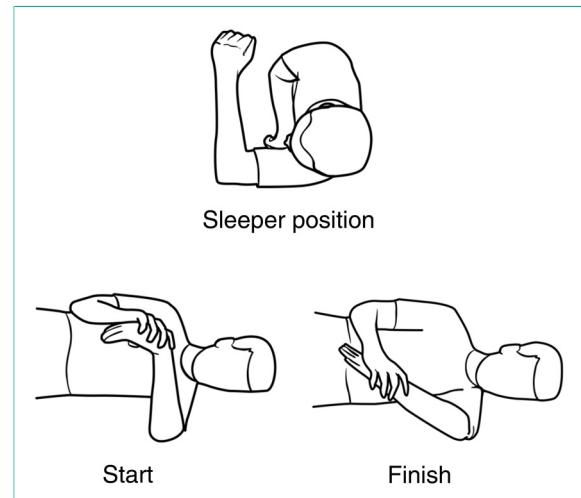
## Home Exercise Program for SLAP Lesions

- Perform the exercises in the order listed.
- Apply dry or moist heat to the shoulder before 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, continuing for 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 per week, continuing for 2 to 3 weeks.

