Physical Therapy Management Of A 13 Year Old Female With A Right Shoulder SLAP Tear: A Case Report.

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Purpose

• The purpose of this case report was to investigate a comprehensive conservative PT rehab program for a 13-year-old softball player with a SLAP lesion.

Case Description

• 13-year-old female presented with popping and clicking in her right shoulder
• Seen twice a week for four weeks
• Interventions: Exercises for regaining ROM, scapular stability, and rotator cuff strengthening

Interventions

ROM- 3 sets of 10 each

Wand External Rotation   Wand Flexion
Wand Abduction           Scapular Retractions

Isometrics- 3 sets of 10 each

Isometric shoulder external rotation   Isometric shoulder internal rotation
Isometric shoulder adduction           Isometric shoulder flexion

Goals

Short Term: 2 weeks
1. Improve DASH score to 10 out of 100
2. Regain full pain free right shoulder range of motion
3. Sleep through the night

Long Term: 8 weeks
1. Improve DASH score to 5 out of 100
2. Increase right shoulder strength by one grade in all motions
3. Return to sport

Outcomes

• Improvements with shoulder ROM and MMT measurements
• Improved DASH and NPRS scores
• Improved sleep pattern

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NPRS and DASH Comparison from IE to DC

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Discussion

A conservative PT approach improved, but did not alleviate, function and pain for a 13-year-old softball player with a SLAP lesion.

• Full function was not attained and this may have been due to parental pressure to continue softball practice.

Conclusion

• Further research is needed to investigate the effectiveness of conservative PT in adolescents with SLAP tears.

Acknowledgments

• Kirsten R. Buchanan PhD, PT, ATC
• Thomas J. Thoman DPT, OCS

References

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