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

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Background
• There is limited research on the most effective conservative PT plan of care (POC) for a young athlete with a SLAP tear.

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

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

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.

References
http://orthoinfo.aaos.org/topic/A00677F04.jpg
http://www.physicaltherapyfirst.com/files/shoulder-exercises/isometric-shoulder-internal-rotation.png

Right Shoulder ROM Comparison from IE to DC (Measured in °)

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

NPRS and DASH Comparison from IE to DC
*NPRS for right shoulder flexion, abduction, and external rotation

Interventions
ROM- 3 sets of 10 each
Wand External Rotation Wand Flexion
Wand Abduction Scapular Retractions
Isometrics- 3 sets of 10 each

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

Degrees
Flexion Abduction ER IR
NPRS and DASH
DASH (Out of 100) NPRS (Out of 10)