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## SHOULDER STABILIZATION

### Phase I (Weeks 4 to 12)

#### *Treatment:*

##### ROM:

Flexion/Scaption - progressive increase to full active and passive ROM by weeks 9 to 12  
Full PROM in ER in scapular plane, progressing to 90/90 position  
IR full by week 9 to 12  
Grade III scapular mobilizations, all ranges  
Grade III-IV, GH posteroinferior glides

##### Strengthening:

IR/ER with elastic resistance in neutral abduction  
Dumbbell isotonic exercises: flexion, scaption (full can), deceleration in sidelying (thrower's ten)  
Rhythmic stabilization/contract-relax  
UBE  
Scapular stabilization (/M/L rows, shrugs, serratus punches)  
PNF with light manual resistance  
Bicep curls initiated at week 6  
Week 8 initiate chest pass plyometrics, progressing to overhead pass and diagonals

### Phase II (Weeks 12 to 16)

#### *Treatment:*

Continue previous ROM and mobilization technique to maintain full ROM  
Continue with elastic IR/ER resistance exercises, progressing reps, intensity and sets  
Progress from neutral to scapular 90/90 position  
Initiate rhythmic stabilization to 90/90 position  
Progress dumbbell program progressing to more difficult positions (prone scaption thumb up, horizontal abduction thumb up, extension palm down and ER in horizontal abduction)  
Continue with scapular strengthening/stabilization, progressing to push-up plus program  
Week 10 gradually progress to single arm throw, elbow extended, arm straight overhead

### Phase III (Week 12 and beyond)

#### *Treatment:*

Strengthening and conditioning  
Sport specific exercises  
Overall-be smart about bicep work-don't overload