I. PHASE I – Baseline Stabilization

Goals

Diminish pain and inflammation
Improve posterior flexibility
Re-establish dynamic stability (muscular balance)
Re-establish muscular control
Improve scapula position, strength, and control

Treatment:

Modalities:
- Cryotherapy to posterior capsule/ cuff
- Iontophoresis (Empi Hybresis)
- Electrical stimulation

Flexibility:
- Sleeper stretch
- IR stretch @ 90° ABD
- Horizontal ADD w/ IR stretch
- Shoulder flexion and ER ROM (gentle stretch)

Exercises:
- Emphasize muscle balance (unilateral muscle ratios)
- Rotator cuff strengthening (esp ER)
  - Thrower’s Ten
- Scapular strengthening exercises
  - Prone exercises on table and physioball
- Dynamic stabilization exercises
- ER/IR t-band w/ manual resistance and rhythmic stabilization
  - Manual resistance side-lying ER w/ end ROM rhythmic stabilization
  - Manual resistance prone rowing w/ end ROM rhythmic stabilization
- Proprioceptive training
- Closed kinetic chain
  - Push-up position rhythmic stabilization at mid ROM
  - Ball on wall in scapular plane w/ rhythmic stabilization
- Monitored Rehabilitation System- ER/IR neuromuscular program
- Seated neuromuscular control drill
- Push-ups on plyoball w/ rhythmic stabilization
- Push-ups on tilt board w/ rhythmic stabilization

Avoidance:
- Abstain from throwing (as advised by physician)
II. PHASE II – Intermediate Phase

Goals:

Progress strengthening exercises
Restore muscular balance (ER/IR)
Enhance dynamic stability
Maintain flexibility and mobility
Improve core stabilization

Flexibility:

- Control Stretches and flexibility exercises
- Sleeper stretch
- Horizontal ADD w/ IR stretch

Exercises:

- Progress strengthening exercises
  - Thrower’s Ten exercises
- Initiate core stabilization program
- Implement LE strength program
- Dynamic stability
  - Seated ER t-band on physioball w/ manual resistance and rhythmic stabilization @ end ROM
  - Prone scapular exercises on physioball w/ trunk extension (performed bilaterally)
  - Planks on plinth
  - Planks on physioball
  - Manual resistance rowing w/ rhythmic stabilization
  - Seated neuromuscular control drill on physioball and contralateral knee extension
  - Single leg stance on foam w/t-band ER/IR
  - Weighted cross motion while single leg stance on foam
  - PNF D2 flexion/extension w/ rhythmic stabilization @ 45°, 90°, 145°
  - PNF D2 seated on physioball
  - Side-lying scapula neuromuscular control drill

- Initiate 2 hand plyometrics
  - Chest pass soccer throw
  - Alternating over-head side-to-side
  - Side stance overhead throw
  - Side under-hand throws
III. Phase III – **Advanced strengthening**

Goals:

Aggressive strengthening program  
Progress neuromuscular control  
Improve strength, power, and endurance  
Initiate light throwing activities

**Exercises:**

Continue all exercises and stretches previously listed

- Thrower’s Ten
- Manual resistance
- Dynamic stability drills
  - Seated physioball ER/IR t-band @ 0° ABD w/ manual resistance and rhythmic stabilization
  - Seated physioball ER/IR t-band @ 90° ABD w/ manual resistance and rhythmic stabilization
  - Planks on table
  - Bilateral UE support w/ rhythmic stabilization
  - Unilateral UE support w/ rhythmic stabilization
  - Unilateral UE support w/ LE movement and rhythmic stabilization
  - Continue Monitored Rehabilitation System for ER/IR
- Plyometrics
  - Continue 2 hand drills
  - Initiate 1 hand drills
  - Wall dribble (30-60 sec bouts)
  - Plyometrics throw a 90°/90°
    - Baseball motion throw to Plyoback w/ 1 lb ball (10-12 feet)
- Initiate light interval throwing
- Stretch post exercise

IV. Phase IV – **Return to activity phase**

Goals:

Continue strengthening and flexibility exercises  
Progress to Interval Throwing Program  
Return to competitive throwing

**Exercises:**

- Stretching and flexibility drills
- Thrower’s Ten program
- Plyometric program
- Dynamic stability drills
- Progress to phase I interval throwing program
- Progress to appropriate phase II interval throwing program
- Gradual progression to competitive throwing