

- **Range of Motion:** AROM, AAROM, and PROM – no limitations
 - Pendulums ☺☺ emphasize technique of using momentum of body to move shoulder; perform clockwise, counter-clockwise, forward and backward, and side-to-side (20 cycles for each)
 - AAROM using a cane or pulley system including FF, ER, and ABD☺☺3 sets of 10 reps per motion; advance from supine to upright
 - Advance to AROM using mirror training to emphasize motion without concomitant shoulder shrugging

- **Exercises:**

- Scapular exercises including elevation with shrugs, depression, retraction, and protraction
- Isometric exercises ☺☺ ER and IR isometrics against a wall
- Resistance exercises with elastic band or hand weights ☺☺ including resisted scapular strengthening, rotator cuff strengthening, and deltoid strengthening
 - i. Resistance exercises should be done 3 days/week, with rest between sessions
- Postural and peri-scapular exercises within a pain free range, including rows, chair press, shrugs, press-up, posterior deltoid, etc
- Jackins' exercises for patients with limited active FF ability

- **NOTES:**

- i. **Exercises may induce fatigue but not cause increased pain**
- ii. **Progress all exercises to include 3 sets of 10 reps, and try to progress to 20 reps**
- iii. **Emphasize low-weight, high-rep strengthening**
- iv. **Do not do full-can or empty-can exercises ☺☺ these place too much stress on the rotator cuff**

- **Patient-Directed Flexibility Exercises:**

- Anterior shoulder stretches including door stretch
- Posterior shoulder stretches including sleeper stretch, golfer stretch, and towel stretch
- Hold stretches for 30 seconds, with 10 seconds rest between reps, for a total of 5 reps per stretch
 - **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat, ice, etc
 - **Manual Therapy:** Per therapist, including inferior, anterior, and posterior glides and long axis traction