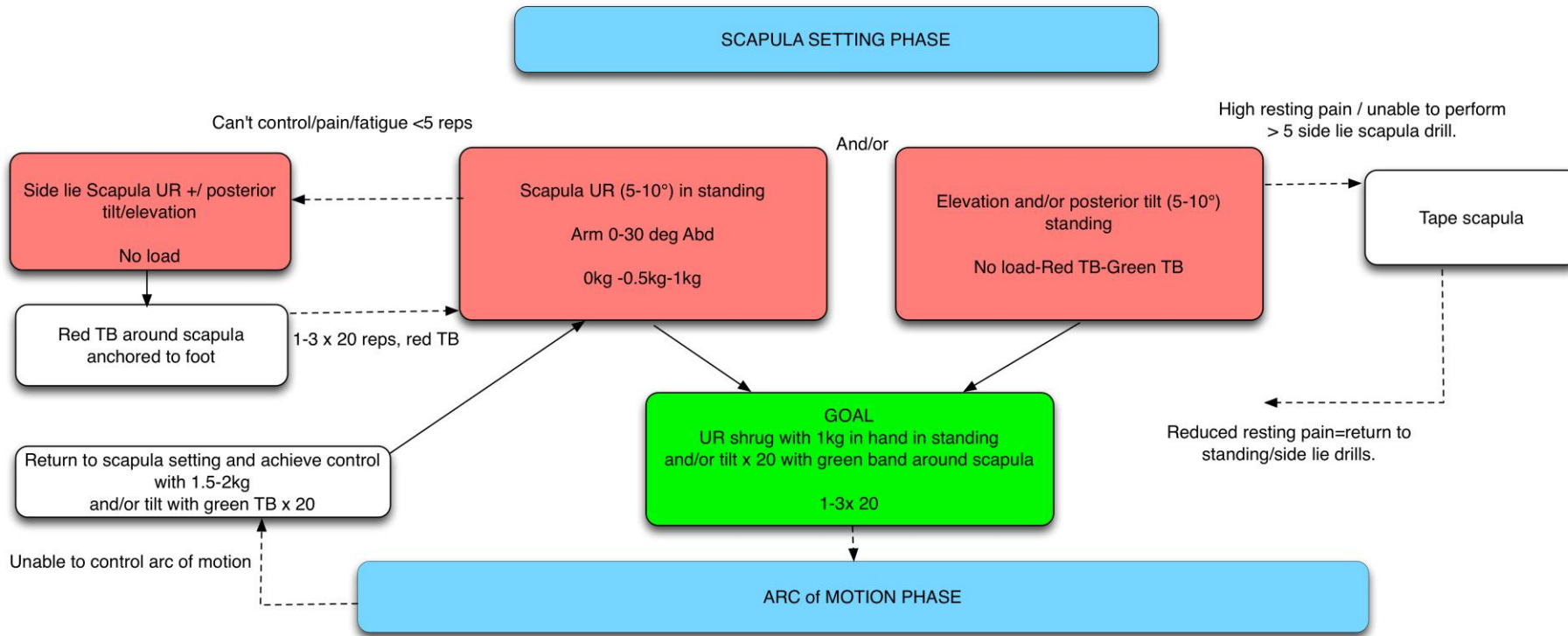


Program Stage 1: Coronal plane control at 0° to 30° abduction.

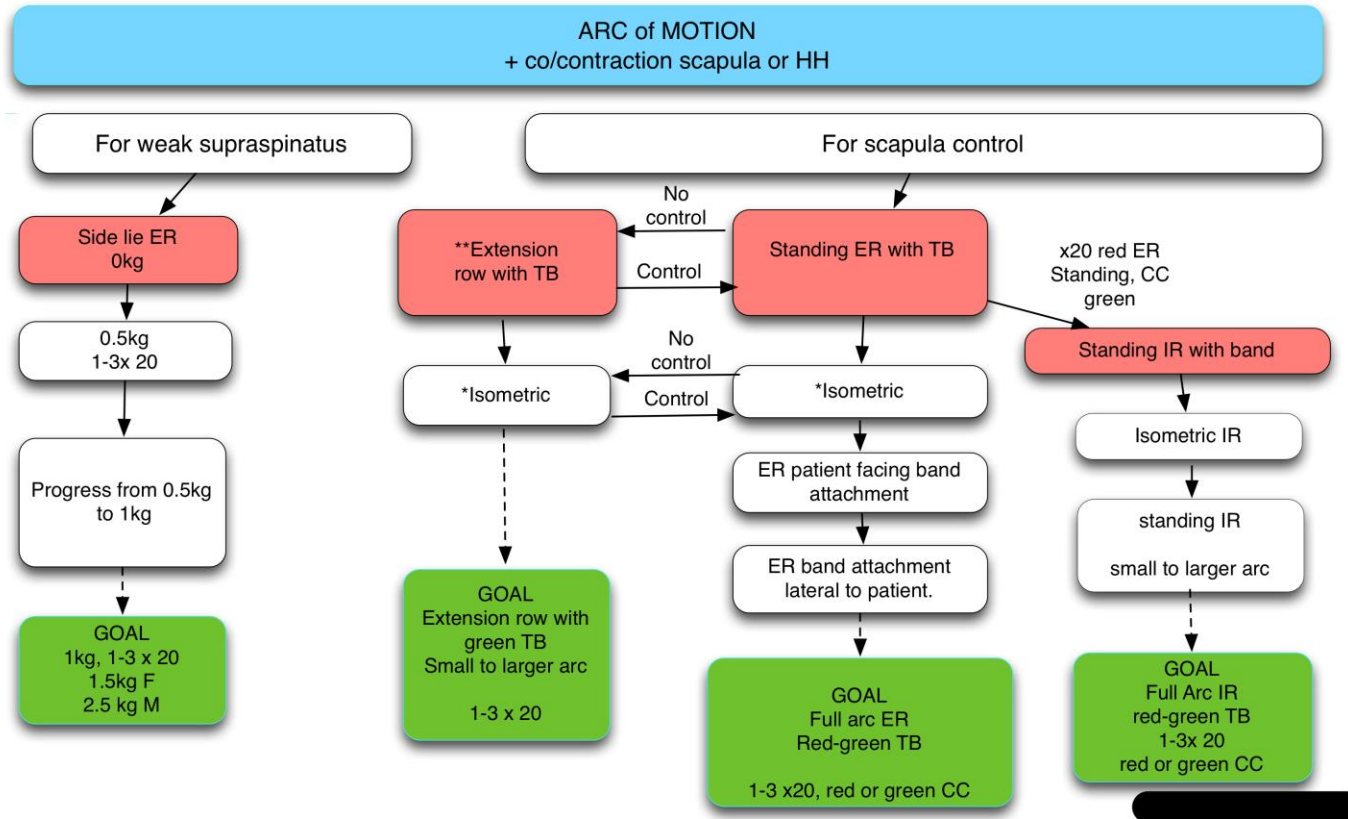
Scapula Setting Phase



Note. Abd=Abduction, TB=Theraband™, UR= Upward rotation, reps= repetitions.

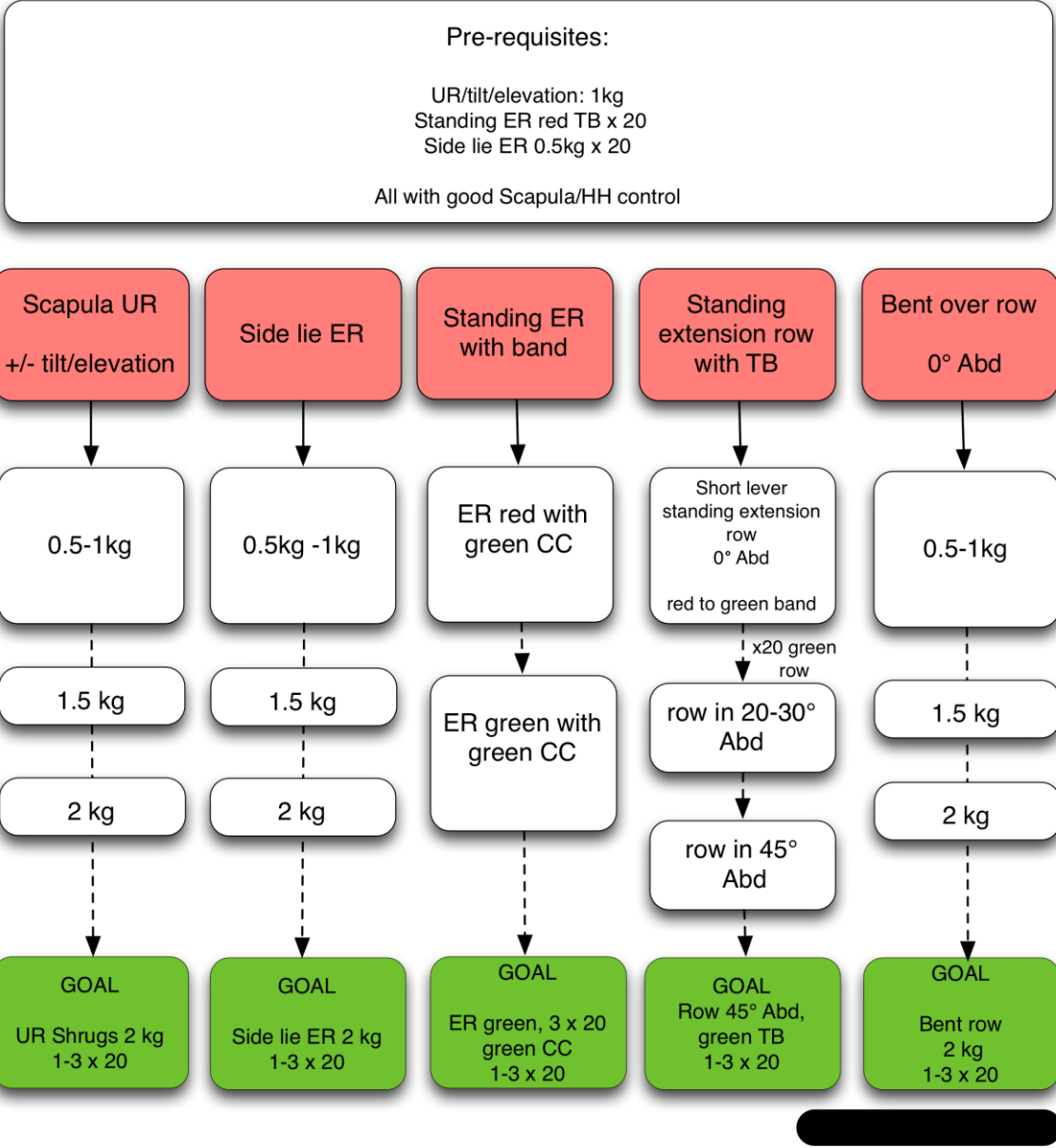
Program Stage 1: Coronal plane control at 0° to 30° abduction

Arc of Motion Phase



Note. *Isometric performed as test and as an exercise drill if patients can't control arc of motion. Patient may bypass isometric phase.** Extension with band performed as an alternative if the patient is not able to perform a theraband ER drill in stage 1. Extension with a band is also part of Stage 2 and 5 for posterior deltoid. CC= Co Contraction. ER= external rotation, IR= internal rotation, HH= Humeral Head. Abd= Abduction. TB= Theraband™ F= Female. M = Male.

Program Stage 2: Posterior Muscular Development



Note. Abd=Abduction, CC= co- contraction, ER= External Rotation, TB=Theraband™