

Overview

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	<p>Phase I Strengthening Exercises:</p> <ul style="list-style-type: none"> - Side lying ER & IR - Push Up Plus - Prone W, T, I <p>Start at 3x10 and progress to 3x15 based on:</p> <ul style="list-style-type: none"> - Proper technique - No pain or discomfort - Level of perceived effort <p>Phase I Stretching Exercises:</p> <ul style="list-style-type: none"> - Doorway/corner stretch - Sleeper stretch Perform 3 sets with 30 sec hold 					<p>Phase II Strengthening Exercises:</p> <ul style="list-style-type: none"> - Standing ER & IR - Standing Rows - Prone W, T, Y on ball <p>Start at 3x10 and progress to 3x15 based on:</p> <ul style="list-style-type: none"> - Proper scapular rhythm - No pain or discomfort - Level of perceived effort <p>Phase II Stretching Exercises:</p> <ul style="list-style-type: none"> - Cross body stretch Perform 3 sets with 30 sec hold - Chin tucks Perform 10 sets with 10 sec. hold 					<p>Phase III Strengthening Exercises:</p> <ul style="list-style-type: none"> - Standing ER in 90-90 - Prone Y to W on ball - Prone I to W on ball - Prone T to W to Y on ball <p>Start at 3x10 and progress to 3x15 based on:</p> <ul style="list-style-type: none"> - Proper scapular rhythm - No pain or discomfort - Level of perceived effort <p>Phase III Stretching Exercise:</p> <ul style="list-style-type: none"> - Towel or foam roller stretch - Sleeper stretch Perform 3 sets with 30 sec hold 					

Table 1: Exercise Progression throughout the 16 weeks