**Appendix 1 – Shoulder Rehabilitative Exercise Program**

For each phase of the exercise program, a selection of exercises from the list below was prescribed based upon the clinical presentation and functional abilities of each patient. Exercises were instructed over the course of the first three sessions and reviewed at each subsequent session. Patients were instructed to perform the prescribed exercises twice per day, if possible. Stretches were to be sustained for 15-20 seconds for 5 repetitions. Patients were instructed to complete 10-20 repetitions of the strengthening exercises.

**Session I: Proximal Kinetic Chain Phase**

*Treatment goals:*

* Optimize postural alignment
* Establish core stability
* Restore upper quadrant flexibility/mobility

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| --- | --- |
| Postural correction:   * Chin retraction * Neutral spine | Core stabilization:   * Abdominal setting * Single leg slide * Active straight leg raise |
| Flexibility:   * Pectoralis stretch * Prayer stretch * T-roll or foam roll for thoracic mobility | Posterior Capsule/cuff stretch:   * Sleeper stretch * Cross arm stretch |

**Session II: Scapulothoracic Phase**

*Treatment goals:*

* Normalize scapulothoracic kinematics
* Optimize scapular positioning and force coupling

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| --- | --- |
| Scapular setting; squeeze | Scapular clock |
| Isometric low rows | Wall angels (Wall slides) |
| Isometric inferior glide | Prone mid and lower trapezius lifts |

**Session III: Glenohumeral Phase**

*Treatment goals:*

* Normalize glenohumeral kinematics
* Optimize rotator cuff force coupling

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| --- | --- |
| Isometrics Internal/External Rotation | Sidelying External Rotation |
| Scaption | Internal/External Rotation with elbow supported |
| Closed chain pertubations | Light theraband Internal/External Rotation with scapular retraction |