

AROM - WNL?

YES

NO

Test Strength

PROM - WNL?

YES

NO

AROM \geq 80%

PROM \geq 80%

YES

NO

YES

NO

Flex. + Abd.
Eccentrics

Supine
Flexion +
Scaption
AROM

4-Corners Flex,
Abd \bar{c} ER,
Wand ER at 45 $^{\circ}$ abd,
+
4-Corners Ext/IR
or
Pulleys if \geq 160 $^{\circ}$
Flexion

Wand
Program:
Supine
Flex,
Supine ER
at 45 $^{\circ}$ abd,
Supine ER
at 90 $^{\circ}$ abd,
Stdg. Ext.,
+
Stdg. Ext/IR

↓ ↑
Ceiling Runches

+
Reverse Pendulums

↓ ↑
Maximal Isometrics

↓ ↑
Sub-Max Isometrics

↓ ↑
Supine Hand-
Hold Flexion

↓ ↑
PFE Table
Step-backs
+
PER Walk-
Arounds