

Shoulder: Therapeutic Exercise Progression

Brandon Szczesniak, PT, OCS, COMT, CSCS

- 1) Shoulder Anatomy Review**
 - a) Passive versus Static Stability
 - b) Force Couples

- 2) Review of Sports Injury Management**
 - a) Who are we treating conservatively
 - b) Introduction of impairment based treatment paradigm

- 3) How to Maximize Shoulder Therapeutic Exercise Programs**
 - a) Posture
 - b) Manual therapy
 - i) Joint and / or Soft Tissue

- 4) Therapeutic Exercise Programming / Progression**
 - a) Isometric → Isotonic
 - b) Concentric → Eccentric
 - c) Open Chain → Closed Chain
 - d) Scapula vs. Rotator Cuff vs. Total Arm Strength
 - e) Plyometric

- 5) Return to Sport**
 - a) When is an athlete ready?
 - b) Special considerations?
 - c) Collaborate

- 6) Questions?**

For a copy of the entire PowerPoint presentation please contact Brandon at bszczesniak@orthoassociates.com

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