

Week

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
External Rotation									•	•	•	•	•	•		
Internal Rotation									•	•	•	•	•	•		
Double Arm External Rotation									•	•	•	•	•	•		
Full Can									•	•	•	•	•	•		
Forward Punch w/plus									•	•	•	•	•	•		
Rows									•	•	•	•	•	•		
Bicep Curl									•	•	•	•	•	•		
Triceps Extension									•	•	•	•	•	•		
Lat Pulldown									•	•	•	•	•	•		
Initial Closed Chain Stability										•	•	•	•	•		
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
Bear Hugs										•	•	•	•	•		
External Rotation at 45°										•	•	•	•	•		
External Rotation at 90°										•	•	•	•	•		
Rhythmic Stabilization/NM Control										•	•	•	•	•		
Advanced Closed Chain Stability											•	•	•	•		
Plyometrics												•	•	•		
Decelerations													•	•		
Phase IV: Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
CRITERIA FOR RETURN TO FULL ACTIVITY																
FUNCTIONAL PAINFREE ACTIVE RANGE OF MOTION, MAXIMIZED STRENGTH, PROPER SCAPULOTHORACIC MECHANICS																
Skiing													•	•	•	
Throwing Progression														•	•	
Overhead and Serving Sports (tennis, volleyball)														•	•	
Contact Sports (football, hockey, lacrosse)														•	•	
Swimming														•	•	•
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