



	Name:				DOB:							
	Dr: Godin				DOS:							
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	ROM & Muscle Initiation	1	2	3	4	5	6+	7-	12-17+	18-23+	24	
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	Scapular retraction - depression		1									
	Cervical, elbow, wrist & hand ROM Pendulums				-	-	-					
	Passive ROM:				-	-	-				┢	
	A) Ext rotation & internal rotation to belt											
	B) Forward elevation & scaption											
	C) Abduction											
I	Active assist ROM:											
	A) External & internal rotation											
	B) Forward elevation & scaption							-		-	\vdash	
	Isometrics A) External & internal rotation											
	B) Biceps & triceps											
	Active ROM											
	A) Sidelying external rotation											
	B) Forward elevation & scaption											
	C) Salutes (lawn chair progression)											
	D) Prone extension & horizontal abd											
	G) Open chain proprioception Low load prolonged stretches:										<u> </u>	
	A) Towel internal rotation											
	B) Cross arm											
	C) Sleeper											
	D) 90/90 external rotation											
	Progress to Endurance: 6+ wks & PROM F		\bd 90	O, Ext	Rot 3	30, Q	DASH	<60%,				
	Muscular Endurance 3 x 15, 45s rest	ł –						<i>7</i> -12+				
	External & internal rotation										<u> </u>	
	Punches with a plus											
	Sport cord rows											
	Prone lower trap											
	Bicep curls / tricep extension											
	Closed chain stability											
Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%												
	Muscular Strength 3 x 10 120s rest								13-18+			
	External rotation at 45° & 90°											
	Bear hugs											
	Statue of liberty											
	Push up plus progression			1			1					
	Progress to Power: 18+ wk + strengt <20%,	h >80%	contro	alater	al: Fu	ill can	, Abd	, Belly p	ress, ER@C), IR@0, G	D.	
	Muscular Power 3 x 6, 180s rest								19-24+			
	Advanced closed chain stability										Г	
	PNF with resistance			<u> </u>								

Decelerations & Plyometric ext rotation												
Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCUEST >21 / 15s												
High Level Activities									19-24+	25+		
Skiing												
Overhead & serving sports												
Throwing progression												

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