

Plan:

- Phase I: Pain relief and correcting scapulothoracic mechanics
  - Goal is to alleviate patient's pain and develop scapular control with closed chain kinetic exercises
  - Exercises:
    - Posture correction (correct thoracic kyphosis, forward head posture/suboccipital extension)
    - Positional control of scapula (maintain scapular retraction and posterior tilt)
    - Focus on scapular retraction and avoid scapular protraction
    - Correct tightness of pectoralis minor and conjoint tendon
    - Exercises to activate lower trapezius to reestablish upper-lower trapezius force couple
    - Exercises to activate Serratus anterior
    - Posterior capsular stretching for any posterior capsular tightness
    - Active range of motion of Shoulder
    - Scapular stabilization exercises (closed chain scapular exercises)- low load with arm below the shoulder level
    - Core strengthening
- Phase II: Strengthening of Shoulder girdle muscles
  - Exercises
    - Isometric exercises for scapular and rotator cuff strengthening
    - Isotonic exercises with theraband, followed by light weights for scapular and rotator cuff strengthening
    - Endurance eccentric strengthening exercises of Scapular muscles (lower intensity but higher volume)
- Precautions
  - If patient is having worsening crepitus/snapping with a particular exercise, please avoid that exercise.
- Modalities:
  - Heat and Ice
  - Ultrasound
  - Iontophoresis
  - Phonophoresis
  - TENS
  - Trigger point massage
  - Therapists' discretion