

Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	12	17	21	25	
Eating/Drinking (Elbow motion ok)							•	•	•	•	•	•	•	•	
Dressing	Use Uninvolved Arm Only						•	•	•	•	•	•	•	•	•
Washing/Showing	Use Uninvolved Arm Only						•	•	•	•	•	•	•	•	•
Computer with supported arm	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
Driving								•	•	•	•	•	•	•	
Lifting up to 5 lbs.								•	•	•	•	•	•	•	
Overhead Activity								•	•	•	•	•	•	•	
Lifting greater than 5 lbs.										•	•	•	•	•	
Phase III - Intial Resistance Strengthening & Proprioception															
	1	2	3	4	5	6	7	8	9	10	12	17	21	25	
External Rotation											•	•	•	•	
Internal Rotation											•	•	•	•	
Punches with a Plus											•	•	•	•	
Sport Cord Rows											•	•	•	•	
Prone Lower Trap											•	•	•	•	
Biceps Curls											•	•	•	•	
Triceps Extensions											•	•	•	•	
Intial Push-up Plus											•	•	•	•	
Intial Closed Chain Stability											•	•	•	•	
Phase IV - Advanced Resistance Strengthening & Proprioception															
	1	2	3	4	5	6	7	8	9	10	12	17	21	25	
External Rotation at 45 deg											•	•	•	•	
Bear Hugs											•	•	•	•	
External Rotation at 90 deg											•	•	•	•	
Statue of Liberty											•	•	•	•	
Advanced Push-up Plus													•	•	
Push-Up Plus in Quadraped													•	•	
PNF with Resistance											•	•	•	•	
Decelerations															
Plyometrics External Rotation															
Phase IV - Weight Lifting in Gym and Return to sports															
	1	2	3	4	5	6	7	8	9	10	12	17	21	25	
Skiing													•	•	
Throwing Progression															
Overhead and Serving Sports (Tennis, Volleyball)															
Contact Sports (Football, Hockey, Lacrosse)															
Swimming													•	•	

Check with MD