

## **SHOULDER GENERAL PHYSICAL THERAPY**

MODALITIES AS NEEDED

MYOFASCIAL RELEASE

PASSIVE→ACTIVE ASSISTED→ACTIVE ROM

ISOMETRICS→ISOTONICS

PROPRIOCEPTIVE ACTIVITIES

HOME EXERCISE PROGRAM C/W

ICING, ELEVATION, GENTLE STRETCHING

MOIST HEAT

STRETCHING

JOINT MOBILIZATION

PRE's

THERABAND EXERCISES

CP

STRAIN/COUNTERSTRAIN

CRYOTHERAPY

E-STIM

ULTRA-SOUND