



		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									●	●	●	●	●	●	
Punches with a Plus									●	●	●	●	●	●	
Sport Cord Rows									●	●	●	●	●	●	
Prone Lower Trap									●	●	●	●	●	●	
Bicep Curls									●	●	●	●	●	●	
Triceps Extensions									●	●	●	●	●	●	
Initial Push-up Plus										●	●	●	●	●	
Initial Closed Chain Stability										●	●	●	●	●	
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation at 45										●	●	●	●	●	
Bear Hugs										●	●	●	●	●	
External Rotation at 90										●	●	●	●	●	
Statue of Liberty										●	●	●	●	●	
Advanced Push-up Plus											●	●	●	●	
Advanced Closed Chain Stability											●	●	●	●	
PNF with Resistance												●	●	●	
Decelerations												●	●	●	
Plyometric External Rotation												●	●	●	
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS</b>															
Skiing												●	●	●	
Throwing Progression												●	●	●	
Overhead and Serving Sports (tennis, volleyball)												●	●	●	
Contact Sports (football, hockey, lacrosse)													●	●	
Swimming													●	●	

These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO  
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