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Shoulder Nonoperative Protocol

Treatment: PT evaluate & treat

Exercises: Range of Motion, Strengthening, Posture Training, Stretching Other Exercises:
Scapulothoracic stabilization, capsular stretching, strap muscle stretching, scapular retraction, scapular mobilization, eccentric exercises for biceps, teres, rhomboids and lats.

Modalities: Per Therapist

Visits per Week: 2-3

Number of Weeks: 4-6

Weight Bearing Status: No weight bearing