

Glenohumeral Internal Rotation Deficit and Scapular Dyskinesia Protocol

Focus on IR and posterior capsule stretching

- **Sleeper Stretch:** Hold for 20-30 seconds; 3 sets of 10



- **Sidelying adduction:** stretch affected shoulder into adduction using unaffected side
 - o Hold for 20-30 seconds; 3 sets of 10



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- **Manual Stretching and joint mobilization**



Scapular Stabilization

- Isometric scapular retraction and depression
- Scapular clock
- Shoulder shrugs
- Prone rows and seated rows
- Push-ups with a plus – wall, table, floor
- Supine scapular punches
- Lat pull downs
- Prone scaption