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
  - Hold for 20-30 seconds; 3 sets of 10
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