
Conservative and Surgical Approaches to Shoulder Rehab

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Objectives

- Enhance critical thinking with approaches
- Expand treatment approach considerations
- Objectively incorporate data into treatment approach
- Improve treatment framework based on patient condition and needs

Structural considerations

Musculature

- Scapula
- Rotator cuff
- Serratus
- Interventions- angles, speed, dynamic, CC vs OC, sport specific

Joints

- AC
 - Subacromial
 - Imaging
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Operation report

- Tissues
- Procedure (SLAP types, RTC repair, Bankart, capsulorrhaphy, SAD, tenodesis)
- Clock orientation
- **Vestibulum ante** ipsum primis elementum, libero interdum auctor cursus, sapien enim dictum quam.

Treatment options

- Strength
- Power
- Multiple joints, patterns
- Efficiency and injury prevention
- Education
- Activity or sport inclusion