

Shoulder: Criteria to begin Sports Specific Training

Physical Evaluation:

1. Negative results for special testing (including neurological)
2. Strength within 85% when compared bilaterally
3. No pain, swelling (before, with, or after activity)
4. Full functional AROM and PROM (Extension, Flexion, Abduction, Adduction, Internal Rotation, External Rotation)

Functional Evaluation:

1. 5-10 repetitions T-stab push ups without pain
2. Hand walkouts on stability ball x 5 without pain
3. Internal/external rotation (medial/lateral) medicine ball rebounder throws plyos (3 x 25 Repetitions without pain)
4. Throw/serve without pain (if applicable)
5. Planks 45 to 60 sec/cufflink 30 sec without pain or deficit
6. 15 minutes on upper body ergometer without pain
7. Perform Ys, Ts, Is on stability ball 2 x 15 without pain