

	Goal	Treatment Focus
Acute Phase (0-3 weeks)	Reduce Pain	- Closed Kinetic Chain* exercises
Recovery Phase (3-8 weeks)	Gain scapular control and shoulder motion Promote correct posture and spinal movement	- Multi-planar CKC exercises - Open Kinetic Chain** exercises (restore trapezial muscle balance) - Core strength endurance training - Stretch & strengthen opposing musculature - Thoracic spinal mobilization
Maintenance Phase (6-10 weeks)	Gain functional strength and sport or job-specific strength	- Plyometric training - Multiplanar, functional OKC exercises

*CKC: safe co-contractions occur with scapula stabilized and hand supported so that the gravitational force on the arm is eliminated and pain is minimized

**OKC: shoulder girdle exercises which selectively restore trapezial muscle balance