<table>
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<th>Goal</th>
<th>Treatment Focus</th>
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| **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