**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