



**Diagnosis: GIRD (Gleno humeral internal rotation deficit)  
Throwers shoulder, Sick Scapula**

**Treatment Plan:** 2x/wk for 8 weeks

Posterior capsular stretches

- "Sleeper stretches"
  - 3 stretches held for 20 seconds in each position 2-3 times per day
  - Perform at 70, 90 and 110 degrees of shoulder flexion
- Cross body stretch

Scapula

- Scapular and trapezius strengthening
- Scapular positioning and stability exercises

Kinetic chain

- Core muscle strengthening
- Stretch and strengthen hamstrings and hip flexors

Rotator cuff

- Selective posterior shoulder strengthening exercises
- Progress to RC strengthening as last stage
- Endurance training of RC muscles

Mechanics

- Improve mechanics of throwing

**Goal:**

Return to full throwing velocity over course of 3 months

**Phase 1 Acute phase**

- Activity modification
- Decrease pain
- Decrease inflammation
- Normalize range of motion
- Techniques:
  - PROM, AAROM
  - NSAIDS

- Massage therapy
- Manual edema control
- Cryotherapy
- Neuromuscular facilitation

**Phase 2**

- Pain and inflammation have decreased
- Strengthening and neuromuscular exercises
- ROM normalized to preinjury level

**Phase 3**

- ROM is normal, strength and neuromuscular control are near normal
- No pain or apprehension on clinical tests
- Progress to:
  - Intensive strength and endurance drills
  - Plyometrics
  - Interval throwing program
    - Vary distance, rest periods, throwing intensity
    - Throw on and off mound

**Phase 4**

- Advanced interval throwing program
- Position specific throwing
- Strength and neuromuscular maintenance program

### SLEEPER STRETCH

Lie on your right side with your right arm in front of you so it's perpendicular to your body. Bend your right elbow to 90 degrees so that your forearm is perpendicular to the floor and your fist is pointing up. Now, use your left hand to gently push your right forearm and hand toward the ground alongside your body until you feel a stretch in the back of your shoulder. If you start to feel a pinch, ease up on the stretch.



### Cross body stretch

For the cross-body stretch, the individual places the involved shoulder against a wall to prevent the scapula from rotating. The other arm is used to pull the involved arm across the body, placing a stretch on the posterior aspect of the shoulder.



### Other stretches

