

- PHASE V:** Eliminate strength deficits and maintain flexibility
 Isokinetics in modified neutral / plane of Scapula
 Begin plyometric training program for throwers
 Advanced proprioceptive training program
 Continue with endurance activities

- PHASE VI:** Isokinetic test
 Begin throwing / racquet program
 Return to full activity

ADDITIONAL INFORMATION / INSTRUCTIONS:

Treatment: _____ times per week **Duration:** _____ weeks Home Program
**Please send progress notes.

Physician's Signature: _____ **Date:** _____

Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon

Place label here

NAME OF PATIENT: _____

MRN: _____

Kristofer J. Jones, M.D.

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