

## Upper Extremity Rehab

### Manual Resistance Progression (Melanson)

- Main goal to promote proper muscle activation and movement patterns
- We often see issues arising with form when going straight to banded work due to rushing and or overall poor scapular control and proprioception
- Seated / Side lying / Supine / Prone / Standing
- Scapular motion; hitting different ranges and increased proprioception
- Perturbations
- Verbal/Tactile Cuing
- Eyes Closed Removing Visual Feedback
- Working into proper ER/IR, PNF D2 Flexion/Extension
- Increased sense of targeted muscle regions

### Closed Chain Progression (Gove)

- Primal push up
- Quadruped unilateral/alternating OH reach
- Quadruped bird dog
- Quadruped unilateral row
- Quadruped pull through
- Bear crawl forward/retro, lateral
- Zombie crawl
- Dive bomber

### Medicine Ball Progression (Yoder)

- Higher level progressions with focus on multi-planar movements
- Overhead slam into lateral rotation
- Retro jump; load into hip and rotate laterally
- Lateral shuffle; decelerate and rotate
- Broad jump into basket toss (max height)
- Catch overhead and accelerate forward (core focused)
- 45 degrees drop step / catch and toss back