



Shoulder Rehabilitation: Non-Operative Treatment

Todd Ellenbecker, Todd S. Ellenbecker

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This book presents the latest evidence-based information on current non-operative treatment recommendations for shoulder rehabilitation. Addressing a range of shoulder disorders, including glenohumeral joint instability, glenohumeral joint impingement, and frozen shoulder, *Shoulder Rehabilitation: Non-Operative Treatment* provides easy-to-follow guidelines on how to develop rehabilitation plans tailored to the specific needs of the patient. It also covers special topics in shoulder rehabilitation, such as how to modify traditional exercises for shoulder rehabilitation; the use of taping and external devices in rehabilitation; and the use of interval-based sport return programs.

Highlights of this text:

- In-depth coverage of specific shoulder pathologies with key basic science information
- Detailed descriptions of specific exercise modifications that will help return the active shoulder patient to full activity following physical therapy
- Extensive use of photographs and figures that illustrate recommended exercise and mobilization techniques

An ideal clinical reference, this book will benefit specialists in orthopedics, sports medicine, and physical therapy, as well as students in graduate-level physical therapy and athletic training programs.

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