

TABLE 1
Treatment Programs^a

| Rockwood Program | Watson Program |
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| <p>Focus: Concurrent rotator cuff and deltoid strengthening and push-ups for scapular stability. Majority of exercises performed at 0° of elevation.</p> | <p>Focus: Retraining specific scapular motor control before any rotator cuff/deltoid strengthening. Exercises progress into functional/sports specific ranges.</p> |
| Aims and exercise drills | |
| <p>Phase 1: Strength through progressive levels of Theraband (Theraband Hygenic Corporation) resistance. Load: Tan, yellow, red, green, blue Theraband. Patient standing</p> <ul style="list-style-type: none"> • ER (0°-45° ER) at 0° abduction • IR (0°-45° IR) at 0° abduction • Extension row to 45° • Flexion • Short-lever abduction to 45° • Wall, knee, or full push-ups (no Theraband resistance) <p>Phase 2: Strength through resistance with weights</p> <ul style="list-style-type: none"> • Exercises as above with a weights-and-pulley system. • Addition of shoulder shrug <p>Load commences at 4 kg Progresses in 1 kg increments 9 kg max for females, 11 max for males</p> <p>Not all exercises need to be progressed at the same time, and participants may be on a different band or weight/resistance for different exercises.</p> | <p>Stage 1a: Retrain scapular motor control Load: 0-1 kg</p> <ul style="list-style-type: none"> • Scapular upward rotation/elevation drills in standing <p>Stage 1b: Controlling arcs of motion (0°-45° elevation) Load: yellow-red Theraband Patient standing</p> <ul style="list-style-type: none"> • Extension rows (from 45° flexion to neutral) • ER (0°-45° ER) at 0° abduction • IR (0°-45° IR) at 0° abduction <p>Stage 2: Building posterior GHJ muscle bulk Load: green Theraband/1-2 kg</p> <ul style="list-style-type: none"> • Standing bent over rows • Side-lying ER • Standing Theraband rows <p>Stage 3: Sagittal plane (flexion motor control) Load: yellow-green Therabands/1-3 kg Patient standing</p> <ul style="list-style-type: none"> • Flexion with Therabands and weights <p>Stage 4: Controlling arcs of motion (45°-90° elevation) Patient standing Load: yellow-green Therabands/2-5 kg</p> <ul style="list-style-type: none"> • ER at 90° • IR at 90° • Flexion at 90° <p>Stage 5: Specific deltoid strengthening Load: 1-4 kg + Patient standing</p> <ul style="list-style-type: none"> • Bent-over rows • Supine and sitting flexion • Short-lever abduction 45°-60° <p>Stage 6: Sports specific and functional stage. Load: depends on participant's requirements. Drills mimic specific sporting or functional activities Part to full practice</p> |
| Pain and progression of program | |
| <p>Exercises must be pain free to perform. Band or weight resistance is progressed once the participant reports that the current resistance is "relatively easy" to perform.</p> | <p>Exercises must be pain free to perform. Progression through the components of a particular stage or to the next stage is dependent on achieving scapular and glenohumeral joint motor-control without the presence of pain for a full set of any one exercise</p> |
| Dosage | |
| <p>All exercises: 5 repetitions with a 5-s hold at the end range of the exercise. All exercises are performed twice a day.</p> | <p>Depends on the functional needs of the patient. Typically start with a recruitment dosage for motor relearning (3 × 20, 2×/day),⁵ followed by an endurance dosage (3 × 10-15, 2×/day), then strength dosage in later stages (4 × 8-12, every second day).²⁰ For most exercises, repetitions are held for 3 s.</p> |

^aER, external rotation; GHJ, glenohumeral joint; IR, internal rotation.