



	Level A	Level B	Level C
<b>RANGE OF MOTION</b>			
1. Elevation	 Assisted	 Active	No exercise
2. Internal and external rotation	 Assisted	 Active	No exercise
<b>SCAPULAR MUSCLES</b>			
3. Knee Push up Plus (KPP)/Wallslide	 KPP / Wallslide	 KPP with hip extension	 KPP diagonal
4. Low and high row	 Isometric	 Dynamic 45-0°	 Dynamic 100-0°
<b>ROTATOR CUFF MUSCLES</b>			
5. Elevation	 0-60°	 0-90°	 >90°
6. Internal rotation	 0° abduction	 45° abduction	 90° abduction
7. External rotation	 0° abduction	 45° abduction	 90° abduction