Clinical Reasoning and Treatment
- Overhead Athlete -

by

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Phases of Throwing

- Wind – Up
- Early Cocking/Stride
- Late Cocking/Lay Back
- Acceleration
- Follow Through/Deceleration
Common Pathologies

- Posterior Impingement
- Medial Elbow Pain
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Mobility & Stability

- Upper Quarter
- Lower Quarter
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Assessment

- Movement Screen
- OHS
- Lunge
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Intervention

- Mobilization / Manipulation
- Soft Tissue
- QUESTIONS -