

## CLINICAL COMMENTARY

INTEGRATING SHOULDER AND CORE EXERCISES  
WHEN REHABILITATING ATHLETES PERFORMING  
OVERHEAD ACTIVITIESJason Brumitt, MSPT, SCS, ATC<sup>a</sup>R. Barry Dale, PT, PhD, OCS, SCS, ATC<sup>b</sup>

## ABSTRACT

Athletes performing overhead activities are at risk of sustaining both overuse and traumatic shoulder injuries. Research studies utilizing electromyography have identified therapeutic exercises that are effective in the muscular activation of the rotator cuff and the scapular stabilizers. Sports medicine professionals routinely prescribe these traditional therapeutic exercises when rehabilitating athletes. Failing to identify and address contributing musculoskeletal dysfunctions may delay an athlete's successful return to sport. Integrating shoulder and core exercises can address potential musculoskeletal dysfunctions while serving as a transitional program between the initial therapeutic exercises and the terminal return to sport rehabilitation program.

**Key words:** shoulder, therapeutic exercise, core stability

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