



RIGHT BC PRI TREATMENT GUIDELINES

- + Left Horizontal Abduction
- + Left Cervical Axial Rotation
- + Left Humeral Glenoid Flexion
- + Right Apical Expansion
- + Right Humeral Glenoid Internal Rotation



ZOA Abdominal Non-Manual Techniques

- 90-90 Hip Lift with Right Arm Reach and Balloon
 - PRI Wall Squat with Balloon
 - Left Sidelying Knee Toward Knee with Balloon
- Right Sidelying Apical Expansion with Left Arm Reach and Left Adduction
 - Standing Passive Left AFIR with Right Trunk Rotation

All Tests Remain +

L AIC and Sternal – With Active Pelvic Tilt Manual Techniques

All Tests Remain +

Right Superior T4 Manual Technique

All Tests are -

- + Left Horizontal Abduction
- + Left Cervical Axial Rotation
- + Left Humeral Glenoid Flexion
- Right Apical Expansion, + Left
- + Right Humeral Glenoid Internal Rotation

Right Subclavius Manual Technique

**Stabilize Spine with
Left Low Trap & Left Serratus Anterior Program
(Prior to Initiating Right Low Trap & Right Tricep Program)**

- PRI Supine Weighted Punch with Right Apical Expansion
- Seated Resisted Serratus Punch with Left Hamstrings
- Standing Serratus Squat
- All Four Belly Lift Reach
- Three Point Stance

Right Low Trap & Right Tricep Program

- Supine Weighted Tricep Curls
- Supine Resisted Right Tricep Extension with Right HG IR
- Seated Resisted Tricep Pull Downs
- Seated Unsupported Right Scapula Pull Backs with Right HG Horizontal Abduction
- Long Seated Supported Press Down with Abdominals
- Paraspinal Release with Left Hamstring
- Standing Resisted Unilateral Tricep Pull Downs
- PRI Wall Squat with Right Apical Expansion
- Sidelying Resisted Right Serratus Punch with Right Trunk Rotation
- Right Sidelying Trunk Lift