

# G.I.R.D. Treatment

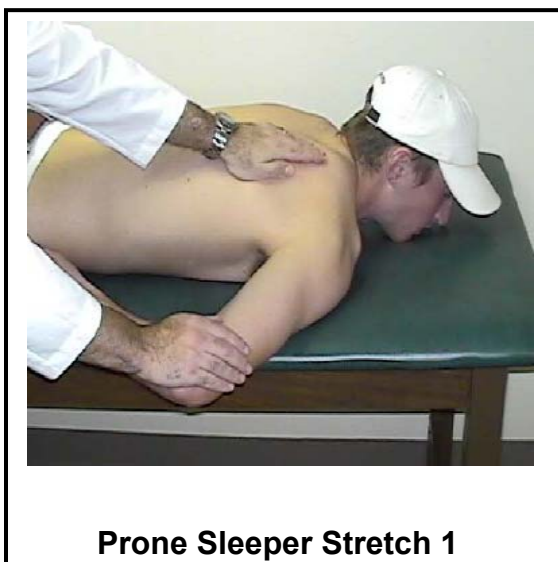
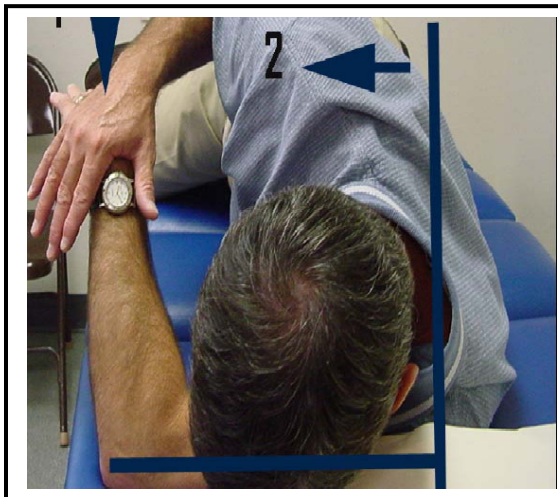
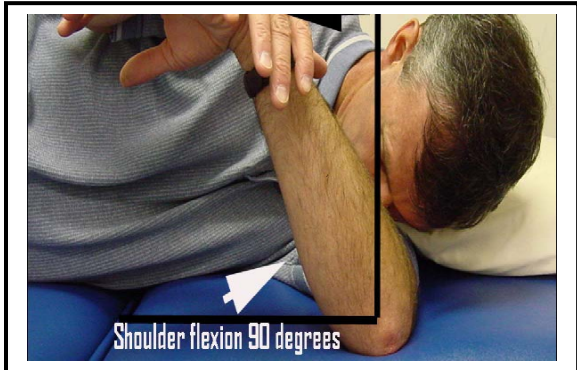
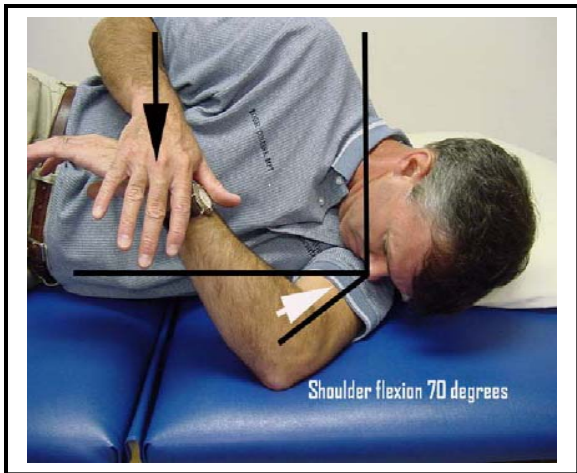
Affected side internal rotation motion deficit

(note  $> 20^{\circ}$  deficit vs unaffected shoulder)

Sleeper Stretch at  $70^{\circ}$

Sleeper Stretch at  $90^{\circ}$

Rollover Stretch at  $110^{\circ}$



Prone Sleeper Stretch 1

Prone Sleeper Stretch 2