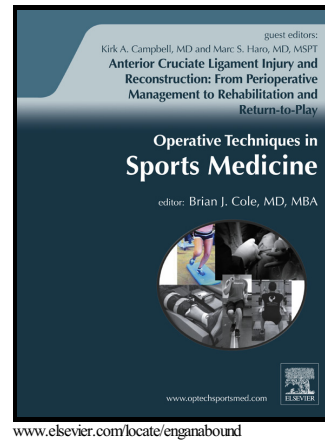


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Post-Rehabilitation Performance Enhancement  
Training and Injury Prevention in the Upper  
Extremity

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## **Post-Rehabilitation Performance Enhancement Training and Injury Prevention in the Upper Extremity**

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**Abstract:** When an athlete is in the terminal phases of rehabilitation or when rehabilitation has been formally completed, there is a gradual transition to performance enhancement training. Given that return to play rates vary after various pathologies and taking into account that athletes have different injury histories and levels of play, screening athletes for appropriateness of training is warranted. Furthermore, long-term planning in performance training requires a structured plan to ensure that each physical quality of performance is addressed. The purpose of this article is to discuss evidence-based screening measures to determine athlete readiness for performance training and to provide a framework for long-term planning for performance enhancement. Additionally, a template for injury prevention for the upper extremity athlete will also be explored along with weight room modifications for specific pathologies.

**Keywords:** Performance enhancement, strength, power, speed, functional testing, upper extremity

Performance enhancement training and injury prevention are vital to the athlete once formal rehabilitation is completed. Given that the return to play for SLAP repairs in throwing athletes is anywhere from 35-88% (1,2,3,4), as low as 25% in rotator cuff repair in overhead athletes to 77% in recreational athletes (5,6,7) and the RTP after UCL reconstructions has been reported to be 65% to 97% (8,9), it stands to reason that both performance enhancement training and injury prevention should be further explored in order to not only enhance the athlete's return

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