

The assessment shows that the 22-year-old padel player's left shoulder pain and stiffness are due to stress from repetitive overhead movements and tightness in the shoulder joint after increasing training. Phase 2 works on improving range of motion and better movement patterns using assisted exercises, scapular strengthening, and posture correction. Phase 1 focuses on reducing pain with gentle passive shoulder movements, soft tissue massage, and heat therapy to ease stiffness. The delayed movement of the shoulder blade during these motions suggests muscle imbalances and poor shoulder control. The plan of care is divided into four phases