

# Therapeutic Exercise for Shoulder Injury in Overhead Athletes: A Systematic Review

M. Nisarudeen<sup>1</sup> and Dr. Vijayaraj PT<sup>2</sup>

Phd Scholar, Physiotherapy Department <sup>1</sup>

PhD Guide, Physiotherapy Department<sup>2</sup>

Sunrise University, Alwar, Rajasthan, India

**Abstract:** *Shoulder injuries are widely recognized as a significant concern among overhead athletes due to the repetitive and high-velocity movements that place extreme stress on the glenohumeral joint, surrounding musculature, and soft tissue structures. These repetitive motions can lead to both acute and chronic shoulder pathologies, which may impair performance and lead to long-term dysfunction. This systematic review was conducted with the objective of identifying and evaluating effective therapeutic exercise protocols that facilitate recovery, enhance mobility, and prevent reinjury in overhead athletes. A comprehensive literature search was conducted using electronic databases including PubMed, Google Scholar, and SPORTDiscus. A total of 18 studies met the inclusion criteria and were selected for detailed analysis. The evidence gathered suggests that comprehensive, multimodal rehabilitation programs, which include progressive resistance training, scapular stabilization exercises, kinetic chain strengthening, and proprioceptive training, are effective in managing shoulder injuries. These findings underscore the importance of individualized treatment protocols that consider the specific sport, injury type, and phase of rehabilitation. The review highlights the necessity of integrating dynamic stability, core strengthening, and sport-specific drills to achieve full functional recovery and safe return to sport.*

**Keywords:** Shoulder injury, Overhead athletes, Therapeutic exercise, Systematic review, Rehabilitation, Kinetic chain

