

Rotator Cuff Tear/Tendinitis/ Impingement Syndrome Non-Operative

Weeks 1-4

- Upper Body Ergometer
- PROM: full in all planes with emphasis on functional IR
- Scapular plane elevation to 90 degrees
- Elastic Band ER/IR
- Bodyblade: ER/IR in modified neutral o Scapular plane elevation at 90 degrees
- Periscapular strengthening such as:
 - wall push-ups o supine punch-ups
 - prone scapular retraction with horizontal abduction with IR and ER rowing,
 - shrugs
 - press-ups

Weeks 4-8

- Prone horizontal and, prone ER
- Modified D2 flexion to cocking
- Bodyblade: scapular plane elevation to 140 degrees
- Scapular plane elevation to 140 degrees

Weeks 8+

- Advance ER/IR strengthening to cocking position as tolerated
- Plyoball rebounder for eccentric cocking to ER
- Increase speed of training

****MUST HAVE HOME EXERCISE PROGRAM & THERABANDS**