ROTATOR CUFF TENDONITIS / BURSITIS / IMPINGEMENT SYNDROME
NON-OPERATIVE PHYSICAL THERAPY PROGRAM

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
- Body blade: ER/IR in modified neutral
  Scapular plane elevation at 90 degrees

- Periscapular strengthening such as:
  Wall push-ups, supine punch-ups
  Prone scapular retraction with horizontal abduction with IR and ER
  Rowing, shrugs, press-ups

Weeks 4-8

- Prone horizontal abduction, 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**