

Balazs Galdi, M.D.
140 Bergen Street, ACC D1610
Newark, NJ 07103
Tel: (973) 972-8240
Fax: (973) 972-9367

**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****