



Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service

Rotator Cuff Tear / Tendinosis Nonoperative Rehab Protocol Prescription

Patient Name:

Date:

Diagnosis: *Rotator cuff tear / tendinosis L / R shoulder*

Number of visits each week: 1 2 3 4

Treatment duration _____ weeks

Acute Phase

PROM program to address capsular stiffness

Wand and pulley exercises

Focus on normalizing scapulothoracic and glenohumeral rhythm

Correction of postural abnormalities

Glenohumeral and scapulothoracic joint mobilizations

Modalities to treat pain and inflammation

May include cryotherapy, US, e-stim, iono/phonophoresis for bicipital tendonitis

Evaluate proximal biceps tendon and treat accordingly

Daily HEP

Recovery and Strengthening Phase

Continue joint mobilization as indicated

Scapula strengthening exercise program

Rotator cuff strengthening

Start with eccentric and progress to concentric strengthening

Core body strengthening to address lumbopelvic stability

Assess and correct any substitution patterns

Daily HEP

Functional Phase and Maintenance Program

Continue maintenance flexibility program

Treat any remaining capsular tightness

Continue strengthening program with progressive increase in resistance

Functional and sport specific training

Progressive home or gym program for strengthening and endurance

ADDITIONAL COMMENTS: _____