



## Rotator Cuff Tendinitis/Impingement Rehabilitation Framework

Phase 1 – Inflammation reduction	
1	Rest from irritating activity, avoid O/H lifting
2	Ice, NSAIDS, analgesics, poss. cortisone injection
3	Stretching: warm shoulder, then posterior capsular IR stretch, followed by FF, ER, Abd, Add stretch to regain/maintain ROM
4	Begin cuff isometrics
5	Gentle cuff PRE's in painless arc range
6	Begin scapular stabilization program (Focus on CKC with ball on floor, wall use, etc)
7	PRE's for large muscles (delt, trap, lats, neck) (rowing/light bench press, shrugs, etc.)
8	Deltoid strengthening in plane of scapula
9	Triceps/biceps as able
10	Grip strengthening to prevent forearm deconditioning/tendinitis
11	Cross-training/cardiovascular workout

Phase 2 – Begin re-conditioning when pain level down	
1	Continue aggressive stretching/flexibility program (reduce posterior capsular contracture in throwers)
2	Start cuff PRE's in wider arc, utilize CKC if poss
3	Progress scapular stabilization exercises to isotonics below horizon
4	Advance large muscle development program
5	Endurance conditioning below horizon
6	Proprioceptive re-training

Phase 3 – Return to sport/work phase	
1	Eccentric scapular stabilization exercise
2	Eccentric cuff exercise as tolerated
3	Long-term endurance/flexibility program
4	Plyometric program for throwers
5	Sports-specific theraband program
6	Work hardening if appropriate
7	Advanced proprioceptive program if necessary