



Rotator Cuff Tear/Tendinitis/ Impingement Syndrome Non-Operative Physical Therapy Protocol

**Columbia University
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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
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 abd, 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**