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### **Rehabilitation Protocol**

#### Impingement/Rotator Cuff Tendonitis Protocol

- Modalities as needed – ice, moist heat, EGS, ultrasound, etc.
- Apply modalities with shoulder at end range (comfortable) position (not arm at side)
- Stretching: IR behind the back, sleeper stretch
- A/AA/PROM – no limitations other than pain (mild discomfort ok), focus on IR and ER at 90° ABD in supine position. Try to preserve as much IR and ER as possible.
- Work in pain-free arc, but emphasize modalities to stretch.
- Rotator cuff and scapular stabilization program exercises, begin at 0° and progress to 45°/90° as tolerated (pain free)
- Low weight, high repetition – start with weight of hand only, progress in 4oz increments (roll of quarters/tuna can). Begin with 15 reps and progress to 40 reps. When can do 40 reps without scapular substitution, then progress weight. Do not exceed 2 lbs weight.
- NO therabands or tubing
- Home Exercise program of stretches to be done 3-4 times a day for 1-15 minutes per session
- Home Exercise program rotator cuff strengthening 4-5 times per week, once a day