



Raphael S. F. Longobardi, MD  
Orthopaedic Surgery and Sports Medicine  
Continental Plaza, 433 Hackensack Avenue, Hackensack NJ 07601  
www.universityorthopaedic.com  
tel: 201.343.1717 fax: 201.343.3217  
NJ lic #: 25MA06397000 NY lic# 186348

Name: \_\_\_\_\_

DOS: \_\_\_\_\_

**SHOULDER ROTATOR CUFF TENDINITIS/TENDINOSIS**  
**&**  
**POST OP SUBACROMIAL DECOMPRESSION, W &W/OUT, AC JOINT RESECTION**

**GOALS**

- Decrease pain via proper pain management techniques
- Increase A/PROM to normal full and symmetric Glenohumeral ROM
- Restore Scapulothoracic rhythm
- Good compliance to Home Exercise Program (HEP)
- Increase strength to 5/5 and normal movement patterns for ADL's, work and sport.

**HOME PROGRAM**

- Codman's all planes
- Educate on avoiding impingement
- Supine flexion via wand, wall climb or pulley w/ emphasis on long duration and low intensity
- Supine abduction w/ wand to 90 degrees only progressing in pain free ROM and avoiding impingement
- Supine ER w/ shoulder at 0, 45 and 90 degrees of abduction using wand. Support humerus w/ pillow/rolled towel for neutral positioning
- RTC/posterior capsule stretch and towel stretch and progress as pain allows
- A/AA/PROM PNF patterns (D1F/E, D2F/E)
- Cervical ROM
- Scapular stabilization exercises
- ADL activities as tolerated
- Posture education
- Discuss precautions w/ work/sport and criteria for progression
- Home E-Stim unit for Muscle re-education prn
- Home pulleys

**SHOULDER ROTATOR CUFF TENDINITIS/TENDINOSIS**  
**&**  
**POST OP SUBACROMIAL DECOMPRESSION, W &W/OUT, AC JOINT RESECTION**

**CLINICAL INTERVENTION**

**Evaluation:**

- 3-5 days post-op
- Issue HEP
- Remove dressing and assess site.
- Educate in home wound care
- Tendonitis pts may report to PT same day as MD visit/injection for acute care management (RICE)
- **Progress Note** submitted w/ pt upon follow up visit to MD (usually every 4 wks)

**Modalities:**

- HP warm-up prior to exercise until DC
- E-Stim/US for pain management w/ CP prn
- E-Stim for Muscle re-ed

**Therapeutic Exercise:**

- Pulley, wall climb, wand: avoid impingement and hiking
- **No UBE!**
- Muscle strengthening via appropriate progression of MRE's, isometrics, light isticns (1-5 lbs, including T-Band) and machines all in **pain free ROM**.
- Scapular stabilization including scapular depression.
- **Precautions: avoid impingement, monitor and educate in proper movement patterns and technique of exercise at all times.**
- Discuss w/ MD need for further objective evaluation of strength and more aggressive POC before return to work.
- Consider need for FCE/Work Conditioning and discuss w/MD
- 

**Manual Therapy:**

Restore Glenohumeral arthrokinematics and osteokinematics via appropriate manual techniques.

**SHOULDER ROTATOR CUFF TENDINITIS/TENDINOSIS**  
**&**  
**POST OP SUBACROMIAL DECOMPRESSION, W &W/OUT, AC JOINT RESECTION**

**0-2/13 WEEKS:** REHAB SPECIFICATIONS : **(2-3X/WK)**

- PROM/AAROM/AROM IN ALL PLANES; PROGRESS AS TOLERATED
- POST –OP IMMOBILIZER BRACE FOR 2-3 WEEKS UNTIL SUFFICIENTLY MOBILE
- INSTRUCTION OF PROPER HOME ROM FUNCTION

EXERCISES:

- WAND
- PENDULUMS/CODMAN'S
- ELBOW/WRIST/HAND ROM/GRIP STRENGTHENING
- HOME PULLEY – PLS INSTRUCT ON USE
- ROM GUIDELINES: PROGRESS AS TOLERATED
  - o FORWARD FLEXION- 0-90 DEGREES
  - o ABDUCTION – 0-90 DEGREES
  - o **ACHIEVE FULL AND SYMMETRIC PASSIVE ER & IR ASAP**
  - o SCAPULAR ELEVATION AND RETRACTION EXERCISES
  - o PERI-SCAPULAR ISOMETRICS

**2-4/13 WEEKS:** REHAB SPECIFICATIONS: **(2-3X/WK)**

- CONTINUE WITH JOINT PROTECTION USING IMMOBILIZER BRACE, IF NECESSARY
- MAY BEGIN AQUATIC ACTIVITIES
- CONTINUE WITH ROM PROGRESSION
  - o INCREASE FORWARD FLEXION – 0-135 DEG
  - o INCREASE ABDUCTION – 0-135 DEG
  - o ACHIEVE FULL AND SYMMETRIC ER & IR

EXERCISES:

- o PROGRESS ROTATOR CUFF STRENGTHENING WITH ISOMETRICS
- o PROGRESS INTO AROM PRE'S WITH LIGHT WEIGHT/RESISTANCE
- o BEGIN THERABAND EXERCISES AS TOLERATED
- o PERI-SCAPULAR RESISTANCE EXERCISES
- o AQUATICS W/EMPHASIS ON STRENGTHENING

**4-6/13 WEEKS:** REHAB SPECIFICATIONS: **(2-3X/WK)**

- GOAL: ACHIEVE FULL, SYMMETRIC ROM BY END OF WEEK 6!!
  - o CONTINUE WITH ROM PROGRESSION
    - o FORWARD FLEXION – 0-180 DEG
    - o ABDUCTION – 0-180 DEG
    - o ER/IR – FULL/SYMMETRIC

EXERCISES:

- o CONTINUE WITH PROGRESSION AS TOLERATED
- o BEGIN ROTATOR CUFF STRENGTHENING WITH ISOMETRICS
- o PROGRESS INTO AROM PRE'S WITH LIGHT WEIGHT/RESISTANCE
- o CONTINUE AQUATICS W/EMPHASIS ON STRENGTHENING

**SHOULDER ROTATOR CUFF TENDINITIS/TENDINOSIS**  
**&**  
**POST OP SUBACROMIAL DECOMPRESSION, W &W/OUT, AC JOINT RESECTION**

**6-8/13 WEEKS:** REHAB SPECIFICATIONS: (2-3X/WK)

- GOAL: FULL ROM REACHED IN ALL PLANES
- MONITOR/EDUCATE PROPER MECHANICS
  - o AVOID HIKING
  - o AVOID IMPINGEMENT
  - o ENCOURAGE SCAPULAR DEPRESSION

EXERCISES:

- o CONTINUE WITH PROGRESSION AS TOLERATED

**8-13/13 WEEKS:** REHAB SPECIFICATIONS: (2-3X/WK)

- UNRESTRICTED STRENGTHENING AND PROGRESS TOWARD MORE FUNCTIONAL, SPORTS, RECREATIONAL, OR WORK-RELATED ACTIVITIES
- EDUCATE PROPER MECHANICS

EXERCISES:

- o UE AND LE WORKOUT
- o PROGRESSIVE THERABAND FOR ROTATOR CUFF
- o PROGRESS ALL PRE'S
- o BEGIN FUNCTIONAL STRENGTHENING: EMPHASIZE SCAPULA MUSCLES/LATS/BICEPS/TRICEPS

**13-16 WEEKS:** REHAB SPECIFICATIONS: (1-2X/WK)

- PREPARE PATIENT FOR DISCHARGE THROUGH RELATIONSHIP WITH WORK-HARDENING/FCE, ATHLETIC TRAINER, STRENGTH SPECIALIST, ETC.
- PATIENT SHOULD HAVE A GOOD, COMPREHENSIVE HOME PROGRAM WITH EMPHASIS ON PROPER TECHNIQUE

EXERCISES:

- o CONTINUE GENERAL STRENGTHENING PROGRAM IN CLINIC AND @ HOME
- o PROGRESS TO PLYOMETRICS/ECCENTRICS/DYNAMIC STRENGTHENING AS TOLERATED

Signature: \_\_\_\_\_ Raphael S.F. Longobardi, M.D.