

SBO NONOPERATIVE ROTATOR CUFF

Strategies for regaining range of motion, strength, and function to rotator cuff injury

This resource was developed with the goal for providing strategies for pain relief, improved range of motion, and return of function.

Phase 1: Reduce Pain/Inflammation and Passive Progressive Range of Motion

GOALS:

- Relieve pain & swelling (Ultrasound / TENS / Iontophoresis / Cryotherapy)
- Decrease inflammation
- Maintain / increase flexibility / range of motion

RANGE OF MOTION:

- Pendulum exercises
- Passive then Active Assisted ROM then Active ROMAT– Limited symptom free available range of motion (Rope/pulley/towel/stick)
- Avoid abduction motion
- Joint mobilizations
- Patient education: avoidance of overhead activities / reaching / lifting

Phase 2: Strengthening Program

GOALS:

- Begin when pain free, normal range of motion achieved
- Start with isometrics exercises (Biceps / Deltoid / scapular muscles)
- Progress to isotonic exercises/ Thera bands
- Initiate sport specific / work specific exercise

Phase 3: Return to Activity

It is not uncommon for your pain level to slightly increase during the first week of exercising. Continue the program for a minimum of 4 weeks. At the end of 4 weeks, if you do not notice improvement in your condition consult your physician or therapist. If your pain is diminishing, continue the program for 2 - 3 weeks after your symptoms have ceased to ensure the condition does not return.

Consult with your physical therapist or doctor if you experience an increase in your symptoms with recommended exercises, or if you develop new symptoms of numbness, tingling or a spread of the pain. This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

Developed in conjunction with the physicians at South Bend Orthopaedics