

**Rotator Cuff Tendonitis Protocol**  
**(conservative / non-operative management)**  
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**Phase I Acute phase**

**Goals =**

Promote optimal tissue healing environment and decrease inflammation  
AROM to at least 90 degrees of flexion and abduction without pain  
Edema Management  
Reduce secondary impingement  
Patient education in etiology of symptoms

1. Joint Mobilization for pain/edema/circulation
2. Modalities prn for pain and inflammation reduction (US, iontophoresis, electrical stimulation)
3. Scapular stabilization (theraband rows, retractions, and shrugs; prone retraction and horizontal abduction on plinth or bench)
4. Scapular repositioning with PNF diagonals, passive → active → resistive
5. AROM in pain free-range IR, ER, scaption
6. RTC strengthening in pain free range: tubing IR/ER in POS, Side-Lying ER,
7. Rhythmic Stabilization: IR/ER at 45 degrees abduction in scapular plane, and flex/horiz add/ext/horiz abd at 100 degrees flexion and 10 degrees horiz abd.

**Phase II Restorative phase**

**Goals =**

Full pain free shoulder ROM in all planes  
Promote optimal collagen remodeling  
Restore UE strength and endurance

1. Continue modalities as needed
2. Joint Mobilizations as needed
3. Continue to progress phase I exercises
4. UBE for conditioning/circulation pain free
5. AROM to PRE for scaption, abduction, flexion

6. AROM for UE PNF patterns progressing to PRE with theraband or tubing
7. Progress IR/ER to elevated ranges
8. Trunk stabilization and postural education
  - Physioball trunk rotations with plyoball toss, kneeling chop and lifts using theraband, seated posture using physioball, wall push-ups, LE exercise
9. Proprioception/Stabilization
  - Manual resistance, Quadruped alternate arm raises, Quadruped and standing Rhythmic stabilization, Body Blade, Isodips, Ball dribbles

**Phase III Sport specific phase** (i.e. throwing, golf, tennis, swimming)

**Goals =**

Return to sport, work, and functional tasks without limitations  
Prevention of reoccurrence of pain and dysfunction

1. Instruction in proper technique for overhead movements (tennis serve and overhead, throwing, golf swing, swimming strokes, volleyball spike)
2. Plyoball throws against rebounder, impulse using tubing, ball dribbles
3. Simulated forehand/backhand serve using tubing
4. Interval throwing programs
5. Golf swings using tubing or with club