Corey Reid

Rotator Cuff Tendinitis

**Maximum Protection**

* Patient Education
* Avoid end-range motions (abduction and external rotation)
* HEP
* Proper body mechanics (lifting with legs, maintaining natural lordosis, widen BOS)
* Stop lifting objects and any other activities that may cause pain
* Get a splint that doesn’t allow abduction passed 90 and external rotation passed 45
* Instead of 3 aleves, try 1 aleve and ice for 10 minutes and codman’s for pain
* Grade I and II joint mobilization
* Patient is supine as their arm is taken close to 90 degrees (before pain is felt) in caudal direction
* PROM of Abduction and external rotation 2 x 10
* If no pain felt, progress to active assistive
* Wand External Rotation and Abduction
* Pain-free limits 3 x 10 for external; 3 x 10 for abduction
* Codman’s no weight for 2 x 30 seconds
* Ball squeezes 3 x 10
* Bicep Curl
* 3 x 10 5 pounds
* Cross-friction massage of supraspinatus
* Very gentle for 2 minutes
* Ice for 10 minutes

**Controlled Motion Phase**

* Patient Education
* Feedback from HEP
* Ask patient to perform 2 of the HEP
* Ensure HEP is done correctly as far as posture goes
* Discuss correct posture (sitting/standing tall, shoulders back, head up)
* Reinforce body mechanics
* Remind the patient not to perform any heavy lifting just yet
* Warm-Up on arm bike 5 minutes
* Wall push-ups 3 x 10
* Wash table
* Seated position performing actively within pain-free limits
* 3 x 45 seconds
* Pendulum
* 8 pound weight
* 2 x 30 seconds
* Abduction stretch (self-stretch)
* Rest arm on table with patient seated beside it
* Have them flex at the trunk allowing the arm (perpendicular to patient) to stretch into abduction
* 4 x 5 second holds
* Doorway ER stretch 4 x 5 second holds
* Better to do multiple short duration and few long durations
* Scapular retraction w/ shoulder extension w/ yellow ther band
* 3 x 10
* 2 pound abduction (bilateral)
* 3 x 10 within pain free limits
* Watch for substitutions
* External rotation with yellow ther band
* 3 x 10 (pain-free)
* Bicep Curl
* 3 x 10 10 pounds
* Ball Toss 15 passes
* Varying angles
* Elastic band pull apart
* Green band
* Patient has band held by both hands pulling them apart to work on grip strength
* Cross -friction massage
* Supraspinatus for 3 minutes in lengthened position
* Adducted across the body and internally rotated for a good access to the tendon
* Ice Massage for 10 minutes

**Minimum Protection Phase**

* Patient Education
* Reinforce body mechanics and posture
* Give feedback of ^ those two during exercises
* Avoid end-range activity
* Be sure to stretch before any strenuous activity including cross-friction massage
* Warm-up before vigorous exercise too
* Warm-Up carrying a 10 pound box up and down stairs
* 5 minutes
* External rotation stretch with door
* 3 x 30 second holds
* Abduction stretch against table
* 3 x 30 holds
* Push-ups
* Prone
* 3 x 10
* Static grip squeezes on tennis ball
* 5 x 15 second holds
* Row Machine
* 3 x 10 of 70% 1-RM
* Bicep Curls
* 3 x 10 70% 1-RM
* 10 pound abduction
* 3 x 10
* Elastic band external rotation (blue band)
* 3 x 10
* Scapular ret. w/ shoulder extension (blue)
* 3 x 10
* Seated Push-ups

1. 3 x 10

* Helps with lifting objects
* 25 pound Box lifts
* 3 x 10
* Paint for 20 minutes
* Muscular endurance