

Richard Novo

1/4/2024

EDISON METUCHEN ORTHOPAEDIC GROUP
EXECUTIVE PLAZA
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Dx: Right shoulder anterior dislocation, rotator cuff tendinitis vs tear and possible torn labrum

3x's a week/ 4 weeks

*Modals, ROM: Passive and Active. External Rotation up to 15 degrees with his arm by his side,
No Abduction with External rotation.

Home exercise program

*Internal Rotation Strengthening.

No Weights with Abduction.No weights overhead



Patient Seen by: Matthew J. Garfinkel, M.D.