

**JONAS R. RUDZKI, MD**

SPORTS MEDICINE ORTHOPAEDIC SURGEON,  
SPECIALIZING IN SHOULDER & KNEE SURGERY

[WWW.JRRUDZKIMD.COM](http://WWW.JRRUDZKIMD.COM)

**ROTATOR CUFF TENDONITIS/PARTIAL TEAR/IMPINGEMENT  
PHYSICAL THERAPY/REHAB PROTOCOL PRESCRIPTION**

**Name:** \_\_\_\_\_ **Visits: 1-2x per Week for 6-8 Weeks**

- Moist heat as indicated
- Massage & Scapular Mobilizations as indicated
- EGS-as indicated
- Cryotherapy as indicated
- US PRN if not responding to EGS
- No phonophoresis, iontophoresis w/o clarification

**ROM (2x/day):**

- PSROM, PROM, AROM, AAROM in all planes; Pendulums & Codmans; Avoid IR if painful
- Full ROM pain free if tolerated: accept minimal pain only (PSROM = Passive, Supine ROM)

**STRENGTHENING: ALL EXERCISES PAIN FREE ROM ONLY (qd/ 5d/week)**

- Isometrics: within 5° of painful area in all planes
- Strengthening exercises per shoulder exercise sheet; Numbers 1-11 as tolerated
- Emphasize exercises 1, 2, 3, 6, 7, 8, 9
- Slowly incorporate light-weight biceps curls and wall push ups after 3 wks
- Strengthening exercises to be done with free weights only – **NO TUBING**
- Start with no weight (weight of the arm alone) & begin with 15 repetitions building to 40
- Progress slowly in 4 ounce increments as tolerated only when able to do 40 reps with no substitution: 4 ounces >>> 8 ounces >>> 1 pound weight, etc (Max weight = 2.5 lbs)
- Reps/Intensity: Low weight – start with 15 reps and increase to 40 reps
- When able to do 40 reps w/o shoulder substitution then increase to next weight
- Goals: Instruct in home program—should not need >3-4 visits for HEP
- Do NOT exceed >2 lbs. in weight w/o approval from treating physician

**General Information**

- No pain during or after exercises (soreness okay)
- Call M.D. if patient not responding to treatment or with questions

**K STREET/DOWNTOWN**

Phone: 202-833-1147

Fax: 202-296-2515

2021 K St NW, Suite 516

Washington, DC 20006

**CHEVY CHASE**

Phone: 301-657-1996

Fax: 301-951-6160

5454 Wisconsin Ave

Suite 1000

Chevy Chase, MD 20815

**SIBLEY**

Phone: 202-787-5601

Fax: 202-787-5606

5215 Loughboro Rd NW

Suite 200

Washington, DC 20016

[www.wosm.com](http://www.wosm.com)



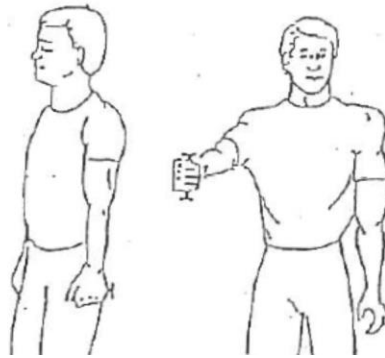
## SHOULDER STRENGTHENING EXERCISE: GENERAL GUIDELINES

1. Exercises should not be painful
2. Perform exercises slowly
3. Maintain the correct position
4. Warm up prior to using weights - stretching and pendulum exercises as instructed
5. Ice post exercise for 20 minutes
6. Exercise 5 days a week, once a day only
7. Stretch/ice 2 time a day
8. Increase weight slowly by 2 oz or 4 oz increments only. Increase weight when you can do 40 repetitions without shoulder shrug or substitution.

On the first nine exercises, lift arm slowly to a count of three and lower to a count of six. Start by doing 15 repetitions with a comfortable weight (0 oz) which you can lift without shoulder substitution (i.e. shrugging your shoulders). Increase to 40 repetitions with a maximum weight of \_\_\_\_\_ oz/lb.

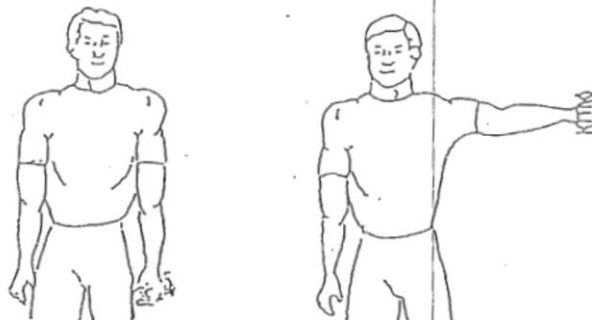
### 1. FLEXION

Standing, start with arm at side, thumb forward. Raise arm to shoulder level. Lower slowly.



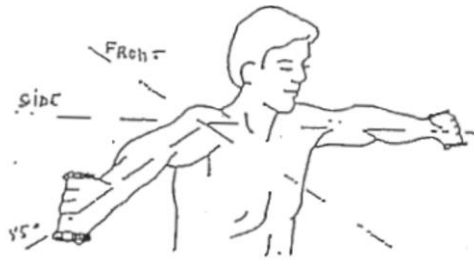
### 2. ABDUCTION

Standing, start with arm at side, thumb up. Raise arm sideways to shoulder level.



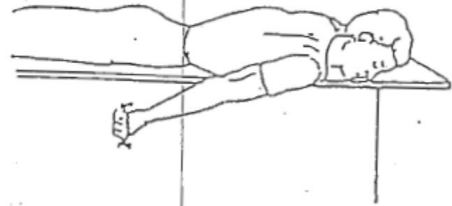
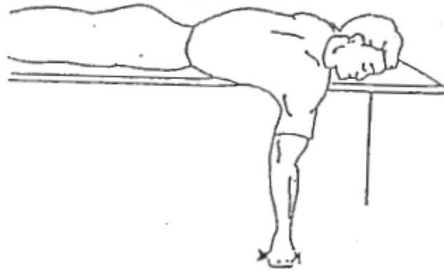
### 3. SUPRASPINATUS ABDUCTION

Standing, start with arm midway between the front and side of your body, thumb down. Raise arm diagonally to 45° level and slowly lower.



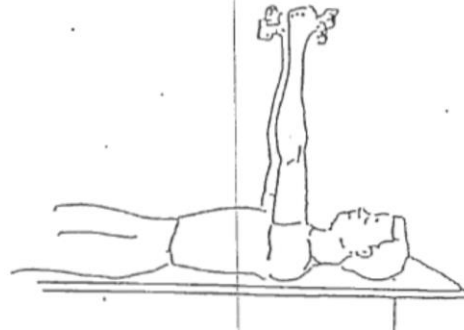
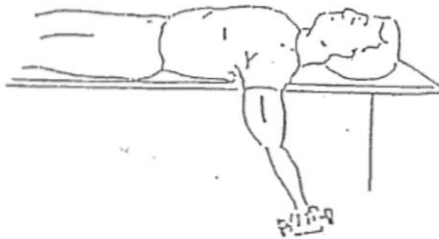
### 4. EXTENSION

Standing or stomach lying, bend forward to waist level or lie on stomach on table, thumbs pointing down. Start with arms hanging down and raise backward. Lower slowly.



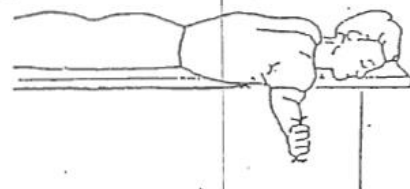
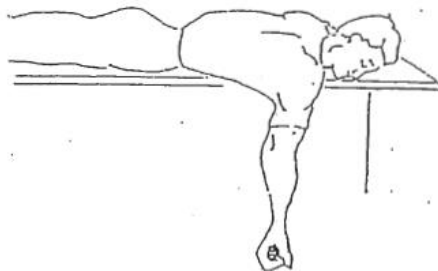
### 5. HORIZONTAL ADDUCTION

Lying on back, start with arms out to side at shoulder level, elbows slightly bent, palms up. Raise arms upward until hands meet. Lower slowly.



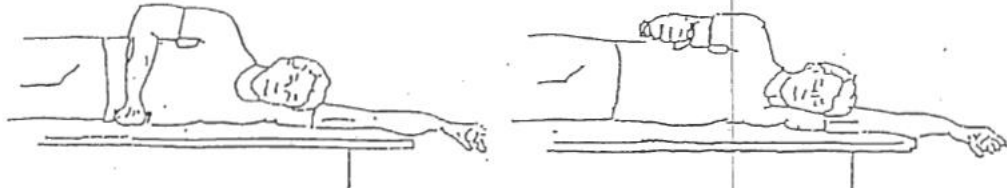
### 6. HORIZONTAL ABDUCTION (with external rotation)

Stomach lying, start with arms hanging down from the table edge, thumbs pointing out. Raise arms out to side to 90° keeping them as shoulder level (thumbs will point toward the ceiling at the top of the lift).



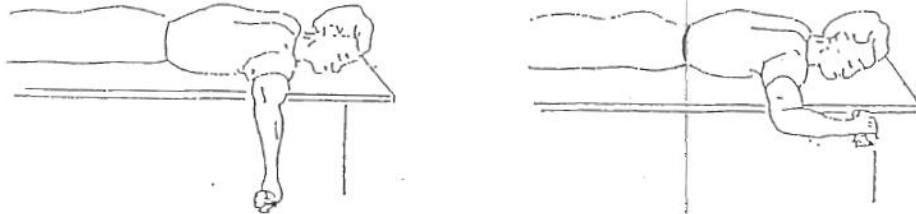
7.\* EXTERNAL ROTATION

Side-lying, lie on strong uninjured side with involved arm on top side with a towel roll placed in armpit. Start with involved arm at side with elbow bent to 90° and forearm resting against chest, palm down. Roll shoulder outward, raising forearm upwards. Lower slowly.



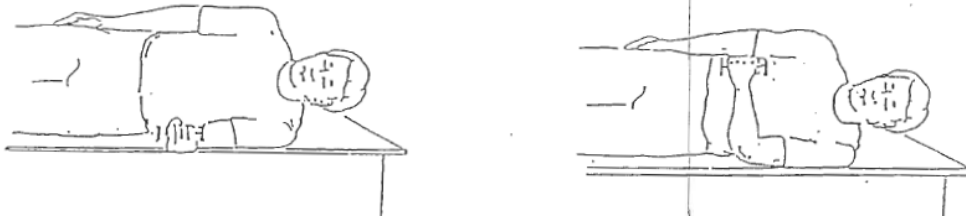
8.\* EXTERNAL ROTATION

Stomach lying, start with arms out at shoulder level, elbows bent to 90°, palms down. Rotate hand up toward ceiling. Keep elbow bent. Lower slowly.



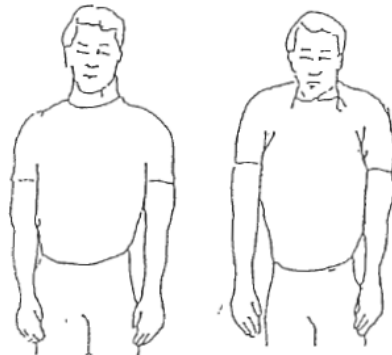
9.\* INTERNAL ROTATION

Side-lying, on involved side with arm at side; elbow bent 90° and forearm resting on table. Roll shoulder inward raising forearm upwards to chest. Lower slowly.



10.\* SHOULDER ELEVATION

Standing, start with arms at side and shrug shoulders towards ears and rotate backwards. Repeat rolling forwards.



## 11. SHOULDER DEPRESSION

Start seated in a chair with arms (or stack of phone books). Hands on arms (books), straighten elbows lifting trunk off chair seat and push shoulder down to further lift trunk. Lower slowly.

