

ROTATOR CUFF TEAR - NON REPAIR

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PATIENT: _____

Conservative management of the rotator cuff tear is often chosen over surgical management for various reasons:

- Poor tissue quality
- Patient is not a good surgical candidate
- Patient has opted not to have surgery
- Patient with low functional demands of the affected extremity may achieve desired goals with conservative management

GOALS:

- Improve function
- Decrease pain
- Restore functional AROM and PROM
- Strengthen intact shoulder girdle muscles
- Educate patient regarding management of shoulder
- Independent ongoing home exercise program

BASIC GUIDELINES:

- Program can be done primarily on a HEP basis with follow up as needed
- Use frequent pendulum exercise for pain / ache management
- Address scapular positioners especially lower trapezius

SUGGESTED EXERCISES:

- Pendulums
- Active scapular retractors
- Over the door pulley for AAROM
- ROM for ER/IR as needed
- Rhythmic stabilization performed supine using resistance from opposite arm
- Submaximal isometrics
- Wall push-ups
- Resisted Theraband scapular retraction
- Bicep/Tricep strengthening
- Dumbbell rows or seated rows
- Horizontal abduction
- Shoulder extension strengthening
- AROM as tolerated
- Gentle ER strengthening (AAROM to AROM to light resistance as tolerated)
attempt to recruit infraspinatus and teres minor if intact
- Gentle IR strengthening
- Shoulder abduction with tubing approximately 70 degrees to 20 degrees with low load and high repetitions. Emphasize the eccentric motion.

Physician Signature: _____