

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Rotator Cuff Tear Non-Operative

Three times per day home exercise program including:

- Phase I
 - 4 quadrant stretches using A/AA/PROM
 - Wall climbs, table slides, sleeper stretches
 - Wand exercises: Supine gravity eliminated FF and external rotation. IR behind the back
 - Posture exercises
 - Periscapular isometrics
 - Rhomboid, Latissimus, Deltoid
- Phase II (when full ROM achieved)
 - Progressive rotator cuff and periscapular strengthening
 - Including isometrics and therabands
- Phase III (at therapist's discretion)
 - Independent home exercise program (lifelong)
 - Progress towards generalized strengthening and core conditioning
 - Return to high level functional ADLs and simulation of work environment

*OK for modalities as indicated including pool therapy, dry needling, acupuncture as long as it does not detract from regaining motion, posture and strength

*Patients limited from participation by overhead pain may occasionally benefit from a steroid injection. Please contact my office and we will facilitate if indicated.

More info: twincitiesshoulderandelbow.com/rotatorcuff/



twincitiesshoulderandelbow.com/patienteducationdocuments/