



ANDREAS SAUERBREY, M.D.

Rotator Cuff Tendinopathy – Non-Operative Treatment

Phase I:

Goals:

1. Patient education
2. Reduce inflammation/pain
3. Facilitate collagen healing
4. Improve ROM

Treatment:

1. Patient Education
2. Rest from painful activity
3. Anti-inflammatory therapy
4. Phase I ROM exercises (PROM, AAROM, AROM)
5. Joint mobilization (if reactive)
6. Submaximal strengthening
 - Isometrics
 - Phase I strengthening exercises (ER, IR, extension)
 - Scapulothoracic strengthening and integration
7. Aerobic conditioning*

Phase II:

Goals:

1. Improve to full ROM
2. Improve neuromuscular control and strength

Treatment:

1. Progress ROM
2. Phase II strengthening exercises (abduction, forward elevation, ER at 45° in plane of scapula)
3. Bodyblade
4. Manual resistance
 - Multi-angle isometrics
 - Short-arc exercises
 - Scapulothoracic integration and strengthening

5. Non-provocative variable resisted exercise
6. Aerobic conditioning

Phase III:

Goals:

1. Full pain-free ROM
2. Optimize neuromuscular control
3. Improve endurance
4. Initiate return to functional activities

Treatment:

1. Prophylactic stretching
2. Phase III strengthening/endurance exercises
 - Progress to full range
 - Emphasize eccentrics, then progress to:
 - provocative positions*
 - Full variable and/or free weight resistance*
 - Isokinetics*
 - Plyometrics
3. Begin submaximal sport, occupation, or desired activities
 - Interval program
 - Work Related activities

Phase IV:

Goals:

1. Return to work, sport, or desired activities
2. Promote concept of prevention

Treatment:

1. Work hardening
2. Continue with prophylactic program

*Applies to laborer or athlete