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**Rotator Cuff Tear / Tendinosis Nonoperative Rehab Protocol Prescription**

**Patient Name:**

**Date:**

**Diagnosis: *Rotator cuff tear / tendinosis L / R shoulder***

Number of visits each week: 1 2 3 4

Treatment duration \_\_\_\_\_ weeks

**Acute Phase**

PROM program to address capsular stiffness

Wand and pulley exercises

Focus on normalizing scapulothoracic and glenohumeral rhythm

Correction of postural abnormalities

Glenohumeral and scapulothoracic joint mobilizations

Modalities to treat pain and inflammation

May include cryotherapy, US, e-stim, iono/phonophoresis for bicipital tendonitis

Evaluate proximal biceps tendon and treat accordingly

Daily HEP

**Recovery and Strengthening Phase**

Continue joint mobilization as indicated

Scapula strengthening exercise program

Rotator cuff strengthening

Start with eccentric and progress to concentric strengthening

Core body strengthening to address lumbopelvic stability

Assess and correct any substitution patterns

Daily HEP

**Functional Phase and Maintenance Program**

Continue maintenance flexibility program  
Treat any remaining capsular tightness  
Continue strengthening program with progressive increase in resistance  
Functional and sport specific training  
Progressive home or gym program for strengthening and endurance

ADDITIONAL COMMENTS: \_\_\_\_\_

**Concerns or questions:**

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**Physician Signature:**