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Patient Name:

Date:

**Shoulder Rehabilitation:
Impingement Syndrome/
Rotator Cuff Tendonitis**

- A,AA,PROM (increase IR).
- Rotator cuff and scapular stabilization program exercises; begin below horizontal.
- Progress to 45° / 90° as tolerated in pain free arc.
- Begin with isometrics for rotator cuff, then progress to Theraband and next to isotonics.
- Limit ER to neutral if biceps tendinitis.
- Progress to deltoid, lats, triceps and biceps. Progress scapular stabilizers to isotonics below horizontal.
- Posterior capsule stretching after warm-up.
- Return to Sport Phase:
 - Emphasize eccentric rotator cuff and scapula stabilization exercises.
 - Sport specific strengthening with Theraband.
 - Plyometric program for overhead athletes.
- Modalities PRN.
- Two- three times a week for 6-8 weeks. Re-evaluate at 8 weeks.

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD