



# REHABILITATION PROTOCOL: NON-OPERATIVE TENDONITIS / IMPINGEMENT

DR. KEVIN SHEPET

## Weeks 1-4

- Upper Body Ergometer
- PROM: full in all planes with emphasis on functional IR
- Scapular plane elevation to 90 degrees
- Elastic Band ER/IR
- Bodyblade: ER/IR in modified neutral o Scapular plane elevation at 90 degrees
- Periscapular strengthening such as:
  - wall push-ups o supine punch-ups
  - prone scapular retraction with horizontal abduction with IR and ER rowing,
  - shrugs
  - press-ups

## Weeks 4-8

- Prone horizontal and, prone ER
- Modified D2 flexion to cocking
- Bodyblade: scapular plane elevation to 140 degrees
- Scapular plane elevation to 140 degrees

## Weeks 8+

- Advance ER/IR strengthening to cocking position as tolerated
- Plyoball rebounder for eccentric cocking to ER
- Increase speed of training

**\*\*MUST HAVE HOME EXERCISE PROGRAM & THERABANDS**

Dr. Kevin Shepet

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