

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

SHOULDER PHYSICAL THERAPY PRESCRIPTION

Diagnosis: Shoulder Impingement Syndrome / Rotator Cuff Tendonitis

- ___ Range of Motion: (Increase IR) Active / Active-Assisted / Passive
- ___ 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
 - Progress to Theraband, then to Isotonics
 - Limit ER to neutral if (+) Biceps Tendonitis
- ___ Progress to Deltoid, Lats, Triceps, and Biceps
 - Progress scapular stabilizers to Isotonics below horizontal
- ___ Emphasis on Scapular Stabilizers / Humeral Head depressors
- ___ 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