



CHIROMOVEMENT MUSCLE AND JOINT CLINIC

ROTATOR CUFF TENDINOPATHY

Rotator Cuff Tendinopathy Is an umbrella term for tears, strains, or Inflammation of the shoulder.

The function of the rotator cuff Is to stabilize the shoulder.

Pain In the rotator cuff Is common with 4.5 million physician visits annually. Tendinopathy effects your your ability to use arms overhead, push, and do daily functions.

This is a program Is meant to strategically guide you to help rehab and strengthen your shoulder.

INTRODUCTION



ChiroMovement: Rotator Cuff



CARE

Phase I: Pain Management

- Treatment: Rest, Physician Care, Gentle Movement, and [Nutrition](#)
 - Nutrition: Specifically Collagen + Vitamin C
- Add In Stage I exercises as tolerated or as Instructed by physician

Phase II: Rebuilding/Strengthening

- Treatment: Incorporate Phase II Exercises to strengthen injured tissue
- Repeat the routine as many times as needed

Phase III: Strengthening and Maintenance

- Add in Phase III exercises
- Repeat routine as many times as needed
- Continue for maintenance
- These are meant to stress the rotator cuff In unconventional ways



DISCLAIMER

This program is a generalized set of education and exercises meant to build strength, develop functionality, improve proprioception, aid with proper warm-up before activity, and address imbalances that may predispose us to injury.

This program was not built for the purpose of diagnosing or providing highly specific treatment.

Do not perform any exercise that causes pain.

If progress or improvement is not seen with the provided exercises. Seek medical care from a licensed practitioner.

Exercises

Phase I

Codman Pendulums

- 3 Sets of 20 Rotations (each direction)

Dynamic Neuromuscular Stabilization

- 10 second holds --> Progress to 30 second holds

Exercises



Phase II

Daily:

Shoulder Controlled Articular Rotations

- 3 Repetitions (remain pain free range of motion)

Day 1

Long Arm Shoulder Retraction

- 3 Sets of 20 repetitions or until fatigue

Brueggers

- 3 Sets of 12-20 repetitions

Day 2

Low Rows

- 3 Sets of 15-20 Repetitions

Bicep Upper Cuts

- 3 Sets of 10 - 20 Repetitions

Exercises



Phase II

Day 3

Face Pulls

- 3 Sets of 15-20 Repetitions

3 Month DNS

- 1 Set of 20 one second holds
 - Progress to 3 Sets of 30 second holds

Day 4

Banded Pull Aparts

- 3 Sets of 15-20 Repetitions

Posterior Shoulder Loading.

- 1 Set of 10 - 20 Repetitions

Day 5

Scapular Push Ups

- 3 Sets of 15-20

Low-Intensity Iso-Ramping.

- See Video

Shoulder CARs

- 3 Repetitions

Exercises



Phase III

Day 1

High-intensity Internal Rotation Iso-Ramping.

- See Video

Leaning Shoulder CARs

- 3-5 Repetitions

Day 2

External Rotation PAILs/RAILs

- See Video

External Rotation Hovers

- 1 Set until fatigue

Day 3

Sleep Stretch

- See Video

Internal Rotation Catches

- 1 Set until fatigue

Exercises



Phase III

Day 4

Short Lever Hovers

- 1 Set until fatigue

Overhead Slam Ball

- 1 Set until fatigue

Day 5

Kettlebell Arm Bar

- 1 Set Until fatigue



ChiroMovement strongly recommends that you consult your physician before participating in an exercise regime to ensure good standing and ability to safely complete exercises.

These exercises and videos are not meant for the purposes of diagnosing or examining medical conditions of any kind, or in determining the effect of any specific exercise on any medical condition. You should understand that when participating in any exercise, there is the possibility of physical injury. If pain or injury occurs you should consult your physician.

If you engage in shown exercises, you agree that you do so at your own risk and by voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge ChiroMovement and all employees from any and all claims or causes of action, known or unknown.