

**Non-operative Rotator Cuff Tear Protocol  
Dr. Schaap**

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
Phase 1 Pain/inflammation control	-In clinic modalities 2-3 times/week as needed (iontophoresis, phonophoresis, infrared, etc) -Frequent home icing program	-Independent in controlling pain/inflammation
Phase 2 Range of motion/flexibility	-Active assisted range of motion/active range of motion to full as tolerated -In clinic manual stretching as needed 2-3 times/week	-Independent with maintaining full range of motion
Phase 3 Strengthening	-Nonimpact exercises starting with TUNA/soup can and progressing with weight as able. Progress to 30 repetitions. -Thera-Band/theratubing exercises, pain-free (internal rotation only) -Gym machines/weights as tolerated	-Achieve full strength compared to noninvolved side -Achieve full/pain-free function