

Plan:

- Phase I: Acute phase of increased pain and inflammation
 - Patient education, posture correction and ergonomics
 - Outpatient pain medication, joint mobilization, soft tissue mobilization and modalities – ice, heat, ultrasound, etc during the acute phase
- Phase II: ROM exercises and stretching
 - Passive, active assisted ROM exercises- supine or sitting
 - Pulleys (sitting position, in scapular plane, in front of shoulder)
 - Gentle end range stretch in all planes (goal is to gain ~20 degrees ROM in all planes)
 - Closed chain followed by resisted scapular exercises (shoulder shrug, scapular protraction, retraction, depression)
 - Closed chain anterior deltoid exercises
 - Isometrics for middle, posterior and anterior deltoid, IR, and ER
- Phase III: Rotator cuff and scapular muscle strengthening
 - Theraband resistive exercises
 - 3 heads of the deltoid
 - Internal and external shoulder rotation
 - Scapular rotators
- Precautions:
 - Moderate to advanced arthritis patients may not get full range of motion especially if they have mechanical block due to osteophytes. avoid excessive passive stretching. The goal is to gain an extra ~20 degrees in all planes without excessive pain.
 - Keep elbows flexed at 90 degrees while doing all theraband exercises and keep them below shoulder level to avoid exacerbating pain.
- Modalities:
 - Heat and Ice
 - Ultrasound
 - Iontophoresis
 - Phonophoresis
 - TENS
 - Trigger point massage
 - Therapists' discretion