

Plan:

- Outpatient pain medication and modalities – ice, heat, ultrasound, etc
- Active/Active Assisted (AA)/Passive Range of Motion (PROM)
  - No limitations with ROM but emphasize gentle PROM to start with.
  - Work in pain-free arc but emphasize modalities to stretch.
  - Pulleys in scapular plane
- Rotator cuff and scapular stabilization program exercises, begin at 0° and progress to 45° and 90° as tolerated pain-free but priority is ROM, and these exercises should not begin till functional range of motion is achieved.
- Home Exercise program of stretches to be done 3-4 times a day for 15 minutes per session
  
- Modalities:
  - Heat and Ice
  - Ultrasound
  - Iontophoresis
  - Phonophoresis
  - TENS
  - Trigger point massage
  - Therapists' discretion