



DISPLAY 26-11

Specific Therapeutic Exercise Intervention for Rotator Cuff Disorder

Pain and inflammation

Short-term resolution as described under “First Aid” in Display 26-10. Long-term resolution requires addressing the remaining impairments.

Muscle length

- Passive manual stretch to rhomboids (see Fig. 26-10)
- Self-stretch to GH lateral rotators (see Self-Management 26-5)

Muscle Performance

- Strengthen middle and lower trapezius in a short range (see Self-Management 26-2)
- Strengthen serratus anterior in the short range (see Self-Management 26-3)
- Strengthen rotator cuff (see Self-Management 26-1)

Posture and movement

- Ergonomic modifications at VDT workstation
- Transitional exercises to improve PICR of GH and ST joints in elevation (see Fig. 26-11)
- Surface EMG training during simple elevation movements to restore temporal relationships in scapular rotators
- Functional retraining for ADLs with focus on motor control and integrated scapula and deltoid–rotator cuff function
- Functional retraining for instrumental ADLs (sports and recreation) with focus on motor control and integrated scapula–and deltoid–rotator cuff function
- Alter sport-specific training as needed to promote optimal motor control and biomechanics