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Shoulder and Elbow Surgery

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PT Protocol - Non-Operative Treatment of Rotator Cuff Tendinitis, Biceps Tendinitis and Bursitis

Plan

- Educate patient on posture/ergonomics.
- Pain management with meds, manual therapy, modalities.
- Progress to strengthening and stabilization drills.

Exercises

- Shoulder/scapular ROM, stretching.
- Rotator cuff strengthening (gradual: isometrics → bands → weights).
- Scapular stabilization work.
- Core strengthening.
- Cervical mobility/stretching.
- Daily home program.

Precautions

- Start below shoulder level, progress gradually.
- Avoid provocative positions early (flexion+IR, cross-body).
- Avoid UBE/body blade in acute phase.
- Emphasize endurance (high reps, low weight).
- Delay long-lever strengthening until later.
- Monitor for bursitis flares.

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS, Trigger point massage

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmyersonmd.com

