



**SCHOOL OF
MEDICINE**

DEPARTMENT OF
ORTHOPAEDICS & REHABILITATION

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Rehabilitation Protocol

Shoulder pain

Please Evaluate and Treat as appropriate

Frequency: 1-2 X Week for 8-12 Weeks

- **Rotator cuff strengthening, scapular stabilization, core and kinetic chain exercises, increase range of motion, decrease pain, strengthening and stretching**

Modalities as necessary.