



**SCHOOL OF  
MEDICINE**

DEPARTMENT OF  
ORTHOPAEDICS & REHABILITATION

**Gehron Treme MD, Andrew Veitch MD, Dustin Richter MD, Christopher Shultz MD,**

**C. Suki Pierce PA-C**

**UNM SPORTS MEDICINE**

1213 University Blvd NE, MSC10 5600, 1 University of New Mexico; Albuquerque, NM 87131-0001

Phone: 505-272-2231 Fax: 505-925-4015

### **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.**