

**Non - Operative Rotator Cuff Tear
Dr. Murphy**

Time Frame	Treatment	Goals
Phase I	<ul style="list-style-type: none"> • Progress PROM to full as tolerated • Joint mobilizations may be needed if symptoms consistent with adhesive capsulitis • Treat for pain with modalities as indicated 	<ul style="list-style-type: none"> • PROM to WFL • AROM progressing as tolerated
Phase II	<ul style="list-style-type: none"> • Progress strengthening of the cuff and shoulder stabilizers as tolerated • Include scapular stabilization exercises as part of the strengthening process 	<ul style="list-style-type: none"> • AROM to WFL to allow for activities of daily living