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### **Shoulder Pain Rehabilitation Protocol**

Thomas P. Burns, MD

#### **WEEKS 1-4**

Range of motion

- All planes, but avoid pain in overhead position
- Goal is full ROM by 2-4 weeks

Strengthening

- All rotator cuff muscles
- Scapular rotators
- Core muscles

#### **WEEKS 5-8**

Progress strengthening

Gain and maintain full ROM

Discharge to home program if progressing on schedule