

Chart copy

Patient name: Katherine Lentini

Prescribed on: 10/03/2023

Dr. George Lentini

Diagnosis: Myofascial Pain Syndrome and Rotator Cuff Strain/Tendinopathy

CURRENT EXERCISES



Stay Active

The USDA recommends that we "make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing." Don't forget to start slowly. To avoid injury, try not to increase your activity level by more than 10% per week. Visit <https://www.choosemyplate.gov/physical-activity-tips> for more ideas about staying active.



Codman Pendulum

Perform 3 sets of 10 reps, 2 times per day

Lean over a table using the uninvolved arm for support as shown. If directed, you may hold a light weight in your hand to increase traction. Allow the involved arm to hang freely. Use your torso to swing your involved arm in a clock-wise circle for 50 repetitions. Repeat in a counter-clockwise circle for 50 repetitions. Perform 50 repetitions in each direction twice per day or as directed.



YTWL Scapular Depression

Perform 3 sets of 10 reps, 2 times per day

Stand with your straight arms raised above your head in a "Y" position. Squeeze your shoulder blades together and downward throughout the following sequence of movements. Lower your straightened arms to shoulder level, into a "T" position. Next bend your elbows so that your fingers are pointing straight up while slightly lowering your elbows to make a "W". Finally, while keeping your elbows bent 90 degrees, lower your arms to your sides so that your elbows are touching your ribs to form an "L" on each side and squeeze. Hold each position for 1-2 seconds and repeat 3 sets of 10 repetitions, twice per day or as directed.



Glenohumeral Internal Rotation

Perform 3 sets of 10 reps, 2 times per day

Begin sitting or standing with good posture. Place the affected arm behind your back and reach towards your opposite hip. Using the unaffected arm, gently pull the wrist of your affected arm further toward your opposite hip. A stretch should be felt in the affected shoulder. Pull gently to the point of tightness ten times. Each pull should be slow and stopped if you feel a sharp pain. This stretch should be performed for ten repetitions, once per hour or as directed.

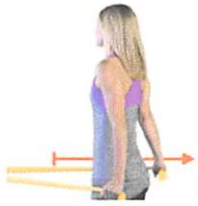


Corner Pectoral Stretch

Perform 1 set of 3 reps, 2 times per day

Begin standing, facing a corner with your palms on the walls above head level. Step toward the corner and "lean in" to stretch your chest muscles. Against the resistance of the wall, attempt to push your hands into the wall and toward each other for 7 seconds. Relax and "lean in" to increase the stretch. Lock into this new position and repeat 3 contract/ relax cycles, twice per day or as directed.

UPCOMING EXERCISES



Low Row

Perform 3 sets of 10 reps, 2 times per day

Attach the center of an elastic exercise band to a doorknob or other sturdy object in front of you. Grasp one end of the band in each hand and with straight arms at your side, stretch the band backwards. Keep your palms facing backward and arms pointed straight down throughout the exercise. Return to neutral and repeat 3 sets of 10 repetitions daily, or as directed.



Eccentric Supraspinatus

Perform 3 sets of 10 reps, 1 time per day

Begin standing, holding a weight with your arm outstretched at a 45 degree angle in front of you at shoulder level. Your thumb should be pointing down. Slowly lower the weight to your thigh at a count of 4 seconds. Use your "good" arm to remove the weight from your hand and return the weight back to your "affected" hand in the starting position. Repeat 3 sets of 10 repetitions daily, or as directed.



Eccentric Scapular Stabilizers

Perform 3 sets of 10 reps, 1 time per day

Begin in a side lying position holding a weight, with your arm outstretched toward the ceiling. Slowly lower the weight to the floor at a count of 4 seconds. Carefully return your arm to the starting position by keeping it close to your body. Perform as directed.



Eccentric Shoulder ER's

Perform 3 sets of 10 reps, 1 time per day

Begin in a side lying position holding a weight with your arm on your rib cage, elbow bent to 90 degrees, forearm pointing straight up. While keeping your arm on your ribs, slowly lower the weight toward the floor at a count of 4 seconds. Use your "good" arm to remove the weight from your hand and return the weight back to your "affected" hand in the starting position. Repeat 3 sets of 10 repetitions daily, or as directed.