



www.dfwsportsmed.com

Nitroglycerin for Rotator Cuff

The dosing regimen is one QUARTER of a transdermal patch (5mg / 24hr) to be applied daily to the affected shoulder.

The patches are to be left in place for 24 hours and then replaced with a new QUARTER patch.

The site of application is immediately distal to the front outside edge of the acromion.

Rotate the patch application site around this point with each new patch application.

Use for 12 weeks.

Please perform the rotator cuff rehabilitation program twice daily.

The aim of this program is to cover the current best practice management for supraspinatus tendinopathy and involves:

- (1) rest from aggravating activities in the early stages (particularly repetitive rotatory movements of the shoulder and overhead or behind-the back activities that may cause impingement),
- (2) daily range of motion exercises,
- (3) daily stretching of the posterior shoulder capsule and pectoral muscles, and
- (4) a muscle strengthening program initially involving scapular retraction exercises and closed kinetic chain isometric exercises and gradually progressing to dynamic open kinetic chain isotonic resistance exercises.



Phone: (469) 430-9380

Fax: (469) 242-9539