Shoulder Impingement Guidelines

**General Rehabilitation Guidelines:**
- Control pain and edema
- Normal ROM, proprioception, strength
- Return to normal ADLs/sports/work

**Phase I (PROM)**
**Goals:** Full PROM
- Minimize pain
- Minimize edema
- Stretch posterior capsule
- Instruct in HEP

**Suggested Exercises:**
- Chin tucks
- Scapular retractions
- Shoulder shrugs
- Pendulum ex
- Standing back extensions
- PNF patterns (scapular)
- Core strengthening (ex: single leg stance without/with perturbations; swiss ball march, leg extensions)
- Manual therapy (soft tissue massage, glides, joint mobilizations)
- Stretches: sleeper, towel IR, crossed arm, upper trapezius, posterior capsule, corner stretch, upper thoracic extension
- Modalities as needed (ultrasound is not recommended)

**Home Exercise Program:**
- Instruct in activity modifications
- Limit overhead activity
- Keep shoulder below 90°
- Postural education
- Exercise instruction

**Suggested Criteria for progression to Phase II:**
- Full, painfree PROM
- Visual Analog Pain Scale score of ≤ 2/10
- SANE Rating of ≥ 50%

**Phase II (AAROM/AROM)**
**Goals:** Increase scapular/RTC strength
- Increase flexibility
- Increase proprioception
- Decrease pain
- Maintain ROM
Suggested Exercises:
* Begin with scapular ex and progress to RTC
* Begin with AAROM and progress to AROM

Bike, elliptical
AAROM:
- Cane-assisted exercises (FF/ABD/ER) for AAROM
- Pulleys
- Jackins exercise
- Theraband ex (rows, extension, IR, ER)
- Serratus punches
- Prone extension/horizontal abduction
- Seated press-ups
- Bent over rows
- Side-lying ER, IR
- Standing raises into FF, scaption (0-60 degrees)
- Ball on wall (circles, up/down, side to side)
- Wall push-ups
- Begin rhythmic stabilization
- Continue with core strengthening (ex: dead bug supine and on swiss ball)
- Continue with stretching
- Continue with manual therapy as needed (STM pec minor)
- Ice

Home Exercise Program:
- Cont with phase I instructions
- Pulleys
- Cane exercises
- May include any of the above active exercises

Suggested Criteria for progression to Phase III:
- Full, painfree AROM
- VAS score of ≤ 2/10 with activity
- SANE Rating score of ≥ 75%

**Phase III (Resisted exercises)**
- Goals: Increase RTC/core strength
- Return to normal ADLs, sports, work without limitations
- Maintain flexibility
- Independent in HEP
- * Avoid full can and empty can (Jobe) exercises if they cause pain.
- Suggested Exercises:
  - TB ER/IR with arm at 45-90 degrees abduction in scapular plane
  - Push-ups with a plus
PNF (UE)
Advance with rhythmic stabilization
Quadruped exs
Stairstepper / Treadmill (w/ UE's)
Advance with Core / LE strengthening (ex: elbow/swiss ball roll-out,
plank without/with perturbations)
Sports / Work specific exercises

Home Exercise Program:
Continuation of above HEP
Add Sports / Work specific exercises

Suggested Criteria for Transition to Independent HEP:
Normal strength in shoulder (4-5/5)
SANE Rating score of 85%
Average of 2.5 on ASES Shoulder Assessment Questionnaire
All patient/therapist goals met