

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 $\leq 2/10$
SANE Rating of $\geq 50\%$

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 $\leq 2/10$ with activity

SANE Rating score of $\geq 75\%$

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