



# Sports Medicine & Shoulder Surgery

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## 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  $\geq 50\%$



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## 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:

- Continue 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  $\geq 75\%$



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## 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

Courtesy of Vanderbilt Sports Medicine