



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:

- 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 $\geq 75\%$



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:

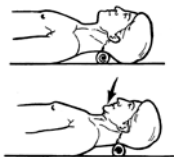
- Continuation of above HEP
- Add Sports / Work specific exercises

Suggested Criteria for Transition to Independent HEP:

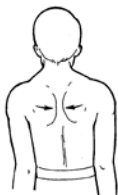
- Normal strength in shoulder (4-5/5)
- SANE Rating score of 85%
- Average of 2.5 on ASES Shoulder Assessment Questionnaire
- All patient/therapist goals met



Shoulder Impingement—Phase I



- 1) Place small towel roll at base of skull
- 2) Gently tuck chin until a stretch is felt



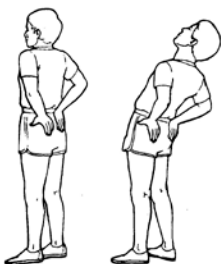
- 1) Stand with arms at side
- 2) Squeeze both shoulder blades together
- 3) Relax and repeat



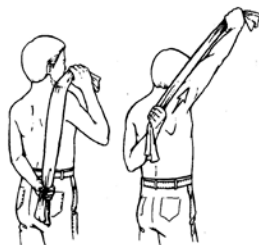
- 1) Stand or sit, raise shoulders upward toward ears
- 2) Return to start position



- 1) Let arm swing freely from front to back and from side to side
- 2) Use body weight to swing arm



- 1) Put hands at lower back
- 2) Arch backward to make hollow of back deeper



- 1) Hold uninvolved arm over shoulder with towel as shown
- 2) Grasp towel with involved arm
- 3) Slowly pull upward with uninvolved arm until a gentle stretch is felt.



- 1) With shoulders at 90 degree angles, place elbows and forearms on wall
- 2) Lean forward until stretch is felt in chest



- 1) Bring involved arm across in front of body
- 2) Hold elbow with other arm
- 3) Gently flex the bent arm which will pull the other arm across chest until a stretch is felt in the back of shoulder



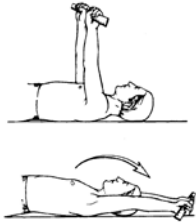
- 1) Place involved arm behind back
- 2) Use other hand to gently pull head sideways until a stretch is felt in neck



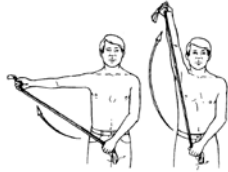
- 1) Lie on involved side on a flat surface
- 2) Bring involved arm across in front of body
- 3) Push down on hand toward table



Shoulder Impingement—Phase II



- 1) In standing or laying down, hold wand in both hands
- 2) Use uninvolved arm to help raise involved arm over head as shown



- 1) In standing or laying down, hold wand in both hands
- 2) Use uninvolved arm to help raise involved arm up away from side through available range



- 1) In standing or laying down, hold wand in both hands
- 2) Rotate involved arm away from body, pushing with cane as needed with the uninvolved arm



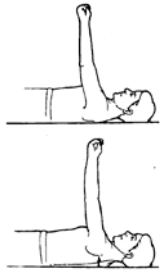
- Pull down with uninvolved arm to raise involved arm forward above head



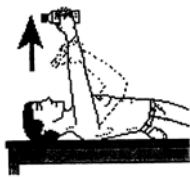
- Pull down with uninvolved arm to raise involved arm up away from side through available range



- Pull down with uninvolved arm to raise involved arm behind back



- 1) Lie on back, arm straight and extended
- 2) Move arm up toward ceiling, keeping elbow straight, lifting shoulder blades off table



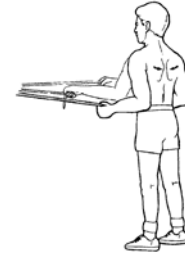
- 1) When you can lift your arm over your head under your own power, do the same exercise with an 8 oz. can
- 2) Then try a 1 pound weight



- 1) When these exercises become easy to perform, raise the bed up 20 degrees
- 2) Perform raises with assist, then under own power, then add weight as able



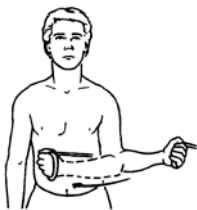
- 1) Continue to raise bed by 20 degree increments until standing
- 2) Perform raises with assist, then under own power, then add weight as able



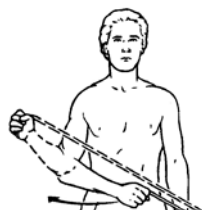
- 1) Attach band to secure object
- 2) With elbows by your side, pull band back
- 3) Squeeze shoulder blades together



- 1) Attach elastic to secure object
- 2) Arms at side fully extended
- 3) Pull hands backward, keeping elbows straight



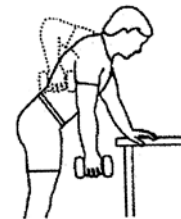
- 1) Secure elastic at waist level
- 2) Hold elbow at 90 degrees, arm at side
- 3) Pull hand across body as shown



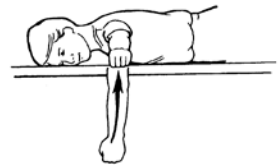
- 1) Secure elastic at waist level
- 2) Hold elbow at 90 degrees, arm at side
- 3) Pull hand away from body as shown



- 1) Sitting in chair, place hands on chair arms and extend elbows
- 2) Push hands down on chair arms and lift body upward
- 3) Lower body and repeat, keeping elbows straight



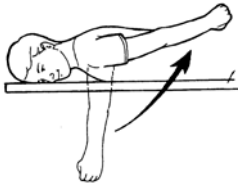
- 1) Slightly bend hips and knees and support upper body with other arm
- 2) Lift arm up, raising elbow to shoulder height



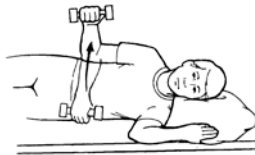
- 1) Lie face down, arm down and thumb forward
- 2) Raise arm and hand to shoulder height, keeping elbows straight and squeezing shoulder blades together



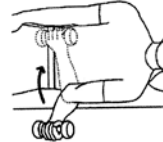
Shoulder Impingement—Phase II



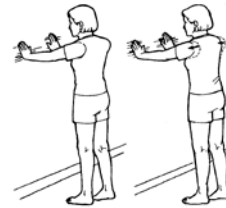
- 1) Lie face down, arm down and thumb forward
- 2) Raise arm and hand straight behind you until arm is in line with your body



- 1) Lie on side, involved side up
- 2) Arm at side, elbow bent, with or without weight
- 3) Move hand up as shown



- 1) Lie on involved side, elbow bent at 90 degrees, arm at side
- 2) With or without weight, pull hand inward across body as shown



- 1) Facing a wall in standing, place palms on wall, fingers pointing upward
- 2) Lean slowly into wall, bending elbows
- 3) Push slowly back until elbows are straight again



- 1) Hold arm out from side, thumb up, at 45 degrees as shown
- 2) Raise arm to shoulder level



- 1) Start with arm at side, elbows straight, thumb up
- 2) Raise arm up to shoulder height, and if instructed, overhead, as shown