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 $\leq 2/10$ 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