



## **Shoulder Impingement Syndrome**

### **Conservative, Non-Surgical Treatment**

#### **Phase I (1 – 5 days post-injury)**

- Patient Education: To avoid activities involving symptomatic shoulder elevation above 90 degrees
- Modalities: prn for pain, inflammation, and tissue healing
- ROM:
  - PROM, A/AROM in pain-free range
  - Pulleys, Pendulums, and Cane exercises
- Exercises:
  - Prone scapular stabilization exercises
  - Resisted elbow and wrist strengthening exercises
- Soft tissue mobilization to subscapularis, pec minor, and RTC insertion

#### **Phase II (5 days – 4 weeks post-injury)**

- Modalities: prn for pain, inflammation, and tissue healing
- ROM:
  - Progress PROM to WNL
  - Address pec shortening and posterior capsule tightness with appropriate stretching exercises
  - AROM to include PNF (D1/D2)
- Strengthening:
  - Isometric RTC strengthening exercises
  - Progress to light resistance exercises using free weights and therabands in ranges below 90 degrees of elevation or in pain-free range
  - Prone scapular stabilization exercises
- Surface EMG for neuromuscular re-education
- Joint mobs, Grade II and III, emphasizing inferior glide; Soft tissue mobs to subscap, pec minor, and RTC insertion

#### **Phase III (4 weeks – 10 weeks post-injury)**

- Self-stretching exercises
- Strengthening:
  - Progressive RTC and periscapular strengthening exercises
  - Closed-chain strengthening exercises for RTC and scapula
  - Scapular PNF using free weights to strengthen shoulder elevation

Initiation Date: 6-7-04      Revised Date: 9-9-14

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- Surface EMG for neuromuscular re-education

**Phase IV (10+ weeks post-injury)**

- Self stretching exercises
- Machine weight strengthening exercises
- Sport-specific/ work-specific training

Adapted From:

- 1) Brotzman, SB, Wilk KE. Clinical Orthopedic Rehabilitation Second Edition. Philadelphia: Mosby 2003.
- 2) Wilk KE, Reinold MM, Andrews JR. Nonoperative Treatment of Subacromial Impingement Rehabilitation Protocol. Winchester MA: Advanced Continuing Education Institute, 2004.