

CONSERVATIVE IMPINGEMENT REHABILITATION PROGRAM

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The physical therapy rehabilitation for impingement is outlined in three phases, which may overlap depending on the progress of the individual, and that will vary in length depending on factors such as:

1. Degree of shoulder instability / laxity.
2. Acute versus Chronic condition.
3. Length of time immobilized.
4. Strength / ROM status
4. Performance / Activity demands

PHASE I:

4. Apply modalities as needed (heat, ice, electrotherapy, etc.)
5. Perform range of motion exercises (passive, active-assistive) for flexion, abduction, horizontal abduction, external rotation, and internal rotation.
 - a. Empty can in scapular plane below shoulder level
 - b. Rope and Pulley
 - c. Wand
 - d. Finger Walk
6. Posterior cuff stretch in supine (cross arm adduction)
7. Manual stretching and joint mobilization (glenohumeral/scapular)
8. Mobilization of posterior cuff
9. Functional behind the back stretch (IR towel stretch) if needed
10. Elastic resistance for IR/ER with arm at side and elbow at 90 degrees (pain free ROM with ER): and scapular strengthening (shrugs, rows, etc.)
11. UBE
12. DB exercises for:
 - a. Supraspinatus – full can in the scapular plane
 - b. Shoulder flexion
 - c. Shoulder abduction (pain free)
 - d. Shoulder extension (do not move shoulder past the plane of the body)
 - e. Shoulder rows in supine
 - f. Serratus punch in supine (push up plus program)
 - g. Shoulder shrugs
 - h. Forearm/elbow strengthening
13. Rhythmic stabilization exercises (begin in the supine position progressing to the functional planes of motion)
14. PNF patterns with gentle manual resistance (progress by working in the dysfunctional plane of motion)

PHASE II:

4. Continue posterior cuff stretching, mobilization, and range of motion exercises (as needed).
5. Continue shoulder strengthening exercises with free weights and elastic resistance (emphasize eccentric work on the rotator cuff), progress planes of motion to the 90/90 position
6. Progress push up plus program by adding wall push up plus
7. Add lower trap pull downs with pulley system if available
8. Progress prone DB program by adding:
 - a. horizontal abduction
 - b. retraction with ER
 - c. extension with palm forward
9. Plyotoss chest pass (progress to overhead and single arm)
10. Progress push plus program (wall push ups, modified floor, floor)
11. Begin progressive throwing program as advised by MD
12. Begin total body conditioning including a well organized core stability program for overhead athletes
13. Begin skill development at a low intensity level
14. Continue with rhythmic stabilization exercises with resistance and in the functional planes of motion.
15. Continue PNF patterns
16. Utilize manual resisted techniques or elastic resistance to emphasize eccentric loading for the posterior cuff.

PHASE III: Focus on progressive exercises in preparation for returning to the prior activity level.

1. Continue flexibility/mobility exercises
4. Continue progressive throwing program
5. Continue with strengthening
6. May add overhead strengthening (military press)
7. May progress to bench program.
 - a. Regular
 - b. Incline
 - c. decline
8. Continue UBE
9. Continue total body conditioning
10. Progress skill development. Begin practicing skills specific to the activity (work, recreational activity, sport, etc.).