



orthopedic ONE

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Shoulder Impingement Protocol Conservative Non-Surgical

Phase I: (acute 1-2 weeks)

Goals:

- Decrease pain and inflammation
- Retain 75% of normal ROM
- Maintain normal joint accessory motion
- Patient education

Plan:

- PROM, AAROM (limit overhead ROM)
- Joint mobilization (emphasize inferior glide)
- Modalities PRN
- Isometric shoulder strengthening (include scapula and RTC)
- Resisted elbow and wrist exercise
- Soft tissue mobilization PRN to supscapularis and pec minor Scapular PNF

Phase II: (2-12 weeks)

Goals:

- Full ROM
- Return to overhead activity with pain symptoms as guideline
- Strengthen shoulder girdle with emphasis on humeral head depressors

Plan:

- PROM and AAROM
- Joint mobilization; soft tissue mobilization
- RTC strengthening
- Machine weighted exercise
- Modalities PRN

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*****CONTINUED*****

Phase III: (12-16 weeks)

Goals:

Full AROM and PROM

Strength WNL

Pain-free return to functional and/or sport activities

Plan:

Continue strengthening

Self-stretching

Sport specific/work specific training

Reinforcement of patient education