

Impingement Protocol

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 exercises
Soft tissue mobilization PRN to subscapularis 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

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

Frequency: 1x/wk 2x/wk 3x/wk. 4x/wk. 5x/wk.

Duration: 1 week 2 weeks 3 weeks 4 weeks 5 weeks 6 weeks