



Impingement Protocol

Phase 1: Increase ROM/Reduce inflammation (Weeks 1-4)

Pendulums:

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed. Perform for 1 min in 4 directions: forward and backward, side to side, clockwise, and counterclockwise. Perform 1-2 times per day.

AAROM pulley Forward Flexion: 3-5 minutes, 1 time per day

Setup

- Begin sitting upright with a pulley anchored at the top of a doorway behind you, holding a handle in each hand.

Movement

- Pull down with one arm, allowing your other arm to be lifted directly in front of you. Hold, then slowly return to the starting position and repeat.

Tip

- Make sure to keep your arms and back straight. Do not shrug your shoulders during the exercise.

AAROM pulley abduction: 3-5 minutes, 1 time per day

Setup

- Begin sitting upright with a pulley anchored at the top of a doorway behind you, holding a handle in each hand.

Movement

- Pull down with one arm, allowing your other arm to be lifted directly out to your side. Hold, then slowly return to the starting position and repeat.

Tip

- Make sure to keep your arms and back straight. Do not shrug your shoulders during the exercise.

AAROM IR behind back 3 sets, 10 repetitions, Hold 5 seconds, 1 time per day

Setup

- Begin in a standing position, holding the ends of a dowel in each hand, with one arm behind your head and the other behind your low back.

Movement

- Slowly pulling up on the cane, bending your lower arm, until you feel a stretch in your shoulder. Hold this position.

Tip

- Make sure to keep your back straight during the exercise.

Isometrics shoulder flexion: 3 sets, 10 repetitions, Hold 3-5 seconds 1 time per day



Setup

- Begin in a standing upright position with your elbow bent 90 degrees, and a small towel between your fist and a wall.

Movement

- Push your arm directly into the wall, then relax and repeat.

Tip

- Make sure to keep your back straight during the exercise. There should be little to no movement.

Isometrics shoulder extension: 3 sets, 10 repetitions, Hold 3-5 seconds 1 time per day

Setup

- Begin in a standing upright position with your elbow bent 90 degrees and the back of your arm against the wall.

Movement

- Push your elbow directly backward into the wall, then relax and repeat.

Tip

- Make sure to keep your back straight during the exercise. There should be little to no movement.

Isometrics ER: 3 sets, 10 repetitions, Hold 3-5 seconds 1 time per day

Setup

- Begin in a standing upright position to the side of a doorframe or against a wall with a towel roll tucked under your involved arm, elbow bent to 90 degrees.

Movement

- Gently press your hand outward into the wall. Hold, then relax and repeat.

Tip

- Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.