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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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Conservative Non-Surgical
*****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



**SHOULDER IMPINGEMENT PROTOCOL
CONSERVATIVE NON-SURGICAL**