

Altru Advanced Orthopedics

Shoulder Impingement/Bursitis Non-Surgical Protocol

The intent of this protocol is to provide the therapist with general guidelines for initiation and progression of rehabilitation for a non-surgical patient with shoulder impingement/bursitis. It is not intended to be a substitute for appropriate clinical decision making regarding the progression of a patient's rehab. The actual therapy plan of care must be based on the mechanism of injury, physical exam and findings, individual progress, and any complications and/or co-morbidities. If a therapist needs assistance or has questions regarding the progression of a patient they should consult the referring medical provider.

General Guidelines:

- Control pain and edema
- Return to normal ROM, proprioception, strength
- Return to normal ADLs/sport/work activities

PHASE I: Acute

Goals:

- Decrease pain and inflammation, and edema
- Regain full PROM
- Patient education, instruct in HEP

Therapeutic Exercise:

1. PROM:
 - Pendulum exercises
 - PROM
 - AAROM (limit overhead ROM)
 - Pulley: flexion, sitting or standing
 - Wand/cane: flexion with neutral ER and IR/ER with elbow at side
2. Isometric strengthening- submax and painfree
 - RTC and scapula
3. Suggested Stretches:
 - Sleeper, towel IR
 - Cross body posterior capsule
 - Upper trap
 - Corner/doorway pec
 - Thoracic extension

Manual Therapy:

- Joint mobilizations- inferior and posterior glides
- Soft tissue mobilization- especially subscap and pec minor

Modalities:

- Cryotherapy/ice for pain and inflammation, and edema as needed
- IFC/TENS for pain relief as needed

Patient Education:

- Posture/Scapular retraction and its importance in reducing impingement
- Home exercise instruction
- Activity modification:
 - Avoid any activity that increases symptoms
 - Limit overhead activity
 - Keep activity below 90° and keep all activity within a pain free range if able

Criteria for progression to Phase II:

- **Full, pain free PROM**
- **Pain score \leq 2/10 on visual analog scale (VAS)**

PHASE II: Motion

Goals:

- Regain nonpainful ROM
- Increase scapular/RTC strength
- Decrease pain

Suggested Guideline:

- Begin with scapular exercises and progress to RTC
- Begin with AAROM and progress to AROM

Therapeutic Exercise:

1. Continue PROM as needed
2. AAROM:
 - Pulleys- sitting or standing
 - Cane/wand- flex, scap, abd, ER, IR
3. Strengthening:
 - Theraband ex (rows, extension, IR, ER)
 - Sidelying ER with scap setting and IR
 - Prone horiz abd, extension, and rows
 - Scapular strengthening (seat lifts, serratus punches, bent rows)
 - Machine weighted exercise
4. Rhythmic stabilization
5. Continue stretching

Manual Therapy:

- Continue joint mobilization and soft tissue mobilization as needed

Modalities:

- Continue as needed

Criteria for progression to Phase III:

- **Full, pain free AROM**
- **VAS pain score \leq 2/10 with activity**
- **No tenderness to palpation**

PHASE III: Strengthening

Goals:

- Increase RTC strength
- Maintain flexibility and ROM
- Return to normal ADLs, sport and work activities without pain
- Independent in HEP

Suggested Guideline:

- Avoid full can or empty can exercises if they are painful

Therapeutic Exercise:

1. ROM
 - Continue AAROM with wand in all planes
 - Continue self-capsular stretches
 - Continue muscle stretches
2. Isotonic Dumbbell Strengthening Program
 - Sidelying ER with scap setting and IR
 - Prone horiz abd, extension, rows, add in Y's and W's if tolerated without increased pain
 - Standing flex, scaption with ER, and abd to 90°
3. Progress fundamental shoulder exercises
 - PNF patterns
4. Closed Chain stabilization exercises- Progress: plantargrade, quadruped, modified push-up/plank position, to full push-up/plank position
5. Progress rhythmic stabilization to dynamic stabilization
 - Balance boards, steps working into push-up position
 - Ball UE weight-bearing activity
 - Plank with/without perturbations
6. Sport/Work specific exercises/activities

Criteria for D/C from therapy:

- **Pain-free and full AROM**
- **Normal strength in shoulder (4-5/5)**
- **All patient/therapist goals met**