

Rotator Cuff Tendinitis and Impingement

PHASE I

MAXIMUM PROTECTION PHASE

GOALS:

- Relieve pain and inflammation
- Normalize ROM
- Re-establish muscular balance
- Improve posture and scapular positioning
- Patient education

PRECAUTIONS:

- Activities that cause increased symptoms

TREATMENT RECOMMENDATIONS:

- Range of Motion: elevation in the plane of the scapula, flexion, ER and IR in scapular plane at 45° ABduction with progression to 90° ABduction, Pendulum exercises. AAROM limited symptom free available ROM.
- Joint Mobilizations: Inferior and posterior glides in scapular plane. Glenohumeral joint capsule balance.
- Modalities: PRN
- Strengthening: ER, IR, flexion, extension stabilization. ER isometrics. Scapular stabilization and strengthening.
- HEP

MINIMUM CRITERIA FOR ADVANCEMENT:

- Decreased pain/symptoms
- Normal ROM
- Elimination of “painful arc”
- Muscle balance

PHASE II

INTERMEDIATE PHASE

GOALS:

- Re-establish pain-free ROM
- Normalize kinematics of shoulder complex
- Normalize muscle strength
- Maintain reduction of pain/inflammation

PRECAUTIONS:

- Activities that cause increased symptoms
- Gradually allow increase in functional activities
- No prolonged overhead activities
- No overhead lifting activities

TREATMENT RECOMMENDATIONS:

- Range of Motion: Flexion, ER and IR in scapular plane at 90° ABduction.
- Exercises: Rope and pulley.
- Joint Mobilizations: Continue mobilization and initiate self-capsular stretching. Inferior, anterior, posterior, and combined glides.
- Modalities: PRN
- Strengthening: Progress to complete shoulder exercise program. Emphasize rotator cuff and periscapular muscle training.

- HEP

MINIMUM CRITERIA FOR ADVANCEMENT:

- Full pain-free ROM
- Adequate muscle balance
- Improved rotator cuff strength
- Normal scapulohumeral rhythm

PHASE III

STRENGTHENING PHASE

GOALS:

- Improve muscle strength/endurance
- Maintain flexibility/ROM
- Gradual increase in functional activity level

PRECAUTIONS:

- Activities that cause increased symptoms
- Gradually allow increase in functional activities
- No prolonged overhead activities
- No overhead lifting activities

TREATMENT RECOMMENDATIONS:

- Continue all stretching and ROM exercises
- Continue capsular stretch and maintain or increase posterior-inferior flexibility
- Modalities: PRN
- Strengthening: Continue complete shoulder exercise program.
- HEP

MINIMUM CRITERIA FOR ADVANCEMENT:

- Full pain-free ROM
- No pain or tenderness
- Strength test fulfills criteria

PHASE IV

RETURN TO ACTIVITY PHASE

GOALS:

- Unrestricted symptom free activity

PRECAUTIONS:

- None

TREATMENT RECOMMENDATIONS:

- Initiate sport/activity specific training
- HEP