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ORTHOPAEDIC SPECIALISTS OF NC

## **Rotator Cuff Impingement Protocol**

### **Phase I Immediate Motion Phase**

#### **Post Injury Weeks 0 - 1**

##### **Goals**

1. Pain-free AAROM to tolerance
2. Full ROM (7 – 10 days)
3. Retard muscular atrophy
4. Decrease pain and inflammation
5. 1 week post injury initiate cardiovascular conditioning program with modifications for injury per the Cleveland Indians Physical Development Program (start at Week 1 in manual)

##### **Activities**

1. Codman's Pendulum exercise
2. Pain-free AAROM to tolerance
3. Exercises
  - Front raises - begin AROM progress to PRE's
  - Lateral raises - begin AROM progress to PRE's

- Biceps curls - light
  - Wrist Program - to tolerance
  - Gentle isometric IR/ER - progress to manual
4. Posterior capsule stretches
  5. Modalities as needed to decrease pain and inflammation

## **Phase II Intermediate Phase**

### **Post injury Weeks 2 - 3**

#### **Goals**

#### **Criteria to progress to Phase II**

1. Full ROM
2. Minimal pain and tenderness
3. “Good” manual muscle test of external rotation/external rotation and flexion (4/5 good)

#### **Activities**

1. Continue with previous exercises
2. Additional Exercises
  - Advanced Jobe’s/Hughston exercises to tolerance
  - Tube IR/ER
  - Manual PNF

- Rhythmic stabilization

### **Phase III Advanced Strengthening**

1. Promote healing
2. Regain and improve muscular strength
3. Improve neuromuscular control of shoulder complex
4. 2 weeks post injury initiate upper/lower body strength program with modifications for injury per the Cleveland Indians Physical Development Program (start at Week 1 in manual)

3/11/13 shoulder rehab - rotator cuff impingement.doc

### **Post injury Weeks 3 - 4 Goals**

1. 90% rotator cuff strength by Week 4
2. Improve strength, power, and endurance
3. Improve neuromuscular control
4. Prepare athlete to begin to throw

### **Criteria to Progress to Phase III**

1. Full non-painful ROM
2. No pain or tenderness
3. Strength 70% of uninvolved side

### **Activities**

1. Continue with previous exercises

## 2. Additional exercises

- isokinetic IR/ER in neutral
- initiate plyometric progression to include trunk rotation and Plyoball w/ mini tramp
- Thrower's Ten to include 90 - 90 work

### **Phase IV Return to Activity Post injury Weeks 4 - 5 Goals**

1. Progressively increase activities to prepare athlete for full functional return

#### **Criteria to progress to return to throwing**

1. Full, non-painful ROM
2. 2 successful weeks of pain-free plyometrics / 90 - 90 work
3. Satisfactory isokinetic evaluation
4. Satisfactory clinic exam, Physician's approval

#### **Activities**

1. Continue with Thrower's Ten
2. Continue with plyometric progression
3. Continue with isokinetics - isokinetic test (3 - 4 weeks post injury)
4. Initiate Interval Throwing Program (ITP) (4 - 5 weeks post injury)
5. Continue all exercises in Phase II
  - throw and train on the same day

- ITP first, followed by rehab exercises then strength/conditioning program
  - lower extremity and ROM on opposite days
6. Initiate hitting progression program after successfully completing 90 foot phase of ITP

Please contact us if a copy of the ITP is needed.

