

Consult your healthcare provider before beginning this exercise program. If you experience any pain or difficulty with any exercises, stop and consult your healthcare provider. The Hygenic Corporation is not liable for any injuries incurred while using exercises or programs accessed via this website. User must wear suitable eye protection such as safety goggles to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Shoulder Impingement Rehabilitation Protocol

Description:

McClure PW, et al. 2004. Phys Ther. 84(9):832-848.

Instructions:

- Home-based exercise plus weekly physical therapy visits
- Perform exercises daily for 6 weeks
- Include patient education on posture, pathology, and ergonomics

Phase I:

- Initiate daily stretches for the shoulder and postural exercises
Thera-Band exercises (internal rotation, external rotation, extension), beginning with Yellow bands (3-foot length). Begin with mild tension on the band. Once able to perform 3 sets of 10 repetitions without pain or fatigue, progress to the Red band, and then to the Green band
- Progress to Phase 2 upon completion of 3x10 with the Green band

Phase II:

- Add the following Thera-Band exercises: Shoulder abduction, flexion, retraction and external rotation at 45 degrees
- the same color and repetition progression noted above
- Continue phase I exercises by progressing the Thera-Band color-coded resistance level

Shoulder Internal Rotation Towel Stretch



Shoulder Internal Rotation Towel Stretch

Instructions:

Hold a towel with the affected arm behind the back and use the other arm to pull the affected arm up the back.

Shoulder Cross-Arm Stretch



Shoulder Cross-Arm Stretch

Instructions:

Hold the affected elbow with the opposite hand in front of the body and slowly pull the elbow across the body until you feel a comfortable stretch.

Cervical Chin Tuck



Cervical Chin Tuck

Instructions:

Apply pressure to the chin with your fingers as the head is pulled back, holding it for 3-5 seconds. Keep the motion of the head horizontal and avoid tilting the head back or looking at the ceiling.

Thera-Band Shoulder Extension (Starting at 45°)



Thera-Band Shoulder Extension (Start at 45)

Instructions:

Begin with one end of the band securely attached. Grasp the other end of the band with slight tension,

with your arm forward to about 45°. Extend your arm backward, keeping your elbow straight. Hold and slowly return.

Thera-Band Shoulder External Rotation at 0° (starting at 45)



Thera-Band Shoulder External Rotation at 0 (Start at 45)

Instructions:

Begin with one end of the band securely attached. Grasp the other end of the band with slight tension. Start with your elbow by your side, in approximately 45° of internal rotation and pull the band outward, keeping your elbow bent at 90°. Hold and slowly return.

Thera-Band Shoulder Internal Rotation at 0° (starting at 45)



Thera-Band Shoulder Internal Rotation at 0 (Start at 45)

Instructions:

Begin with one end of the band securely attached. Grasp the other end of the band with slight tension. Start with your elbow by your side, in approximately 45° of external rotation and pull the band inward, keeping your elbow bent at 90°. Hold and slowly return.

Thera-Band Shoulder Abduction to 45°



Thera-Band Shoulder Abduction to 45 degrees

Instructions:

Begin with one end of the band securely attached. Grasp the other end of the band with slight tension. Place your arm in the scapular plane (slightly in front of your body). Keep your elbow flexed at 90° and lift your shoulder to 60° abduction. Hold and slowly return.

Thera-Band Shoulder Flexion to 60°



Thera-Band Shoulder Flexion

Instructions:

Begin with one end of the band securely attached. Grasp the other end of the band with slight tension and elbow at your side, bent at 90°. Lift your arm forward to 60° of flexion, simultaneously extending your elbow and flexing your shoulder. Hold and slowly return.

Thera-Band Shoulder Scapular Retraction (at 0°)



Thera-Band Scapular Retraction

Instructions:

Grasp the band between your hands with slight tension. Keep our elbows bent 90° and pinch your

shoulder blades together. Hold & slowly return.

Thera-Band Shoulder External Rotation at 45°



Thera-Band Shoulder External Rotation at 45

Instructions:

Begin with one end of the band securely attached. Grasp the other end of the band with slight tension. Place your arm in the scapular plane (slightly anterior of the body). Abduct your arm to 45° with your elbow flexed to 90°. Move your forearm through an arc from 30° of internal rotation to 30° of external rotation. Keep your elbow steady. Hold and slowly return.

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