



IMPINGEMENT SYNDROME STRETCHES AND EXERCISES

Impingement syndrome, which occurs in the shoulder, is usually thought to be an overuse injury. It involves (is caused by) compression of the tendon of the supraspinatus muscle. The compression is often a result of biomechanical changes in the shoulder joints or the muscle that support these joints.

Symptoms of impingement syndrome can include localized shoulder pain and or pain that radiates down the arm, but not usually below the elbow. The pain is often aggravated by overhead lifting, awkward rotation of the shoulder above shoulder level and rolling on the shoulder at night. Impingement syndrome results in pain, inflammation, loss of muscle tone, and loss of shoulder motion. Management of impingement syndrome is most commonly done with:

- NSAID medicines (Motrin, Advil, Naprosin, Alleve), as prescribed by your doctor.
- Ice 20-30 min 2-3 times per day.
- Specific shoulder exercises, shoulder and chest stretching.
- Avoiding painful overhead activity.

DIRECTONS:

Perform 3-5 repetitions of each stretch. Hold each stretch for 30 seconds. Repeat stretches 2-3 times per day. Perform 3 sets of 10 of each strengthening exercise every other day, stretching before and after as appropriate.

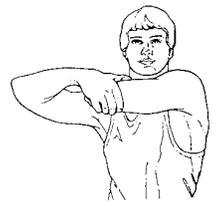
1. Chest Stretch

With hands held at shoulder level and placed on the inside corner of a wall, lean in towards the corner of the wall stretching the muscles in the chest. Hold 30 seconds and repeat 3-5 times twice daily.



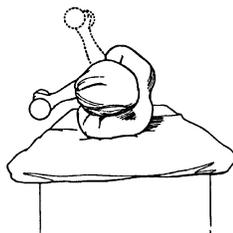
2. Posterior capsule stretch

With the arm to be stretched held at shoulder level use the opposite hand to pull the upper arm in towards the bottom of the chin. Hold 30 seconds and repeat 3-5 times twice daily.



3. External Rotation with Weight

Lie on your uninvolved side and hold a 1-5 pound weight in your involved hand. Hold the weight at your stomach with your elbow bent to 90 degrees and firmly in at your side. Next, lift the weight away from your stomach and upward toward the ceiling. Each motion should be slow, controlled and should be done to a 3-second count. Perform 3 sets of 10 repetitions every other day



4. Internal Rotation with Weight

Lie on your involved side and hold a 1-5 pound weight in your involved hand. Hold the weight with the back of your hand touching the table, keeping your elbow bent to 90 degrees and firmly in at your side. Next, lift the weight away from the table and in towards your stomach. Each motion should be slow, controlled and should be done to a 3-second count. Perform 3 sets of 10 repetitions every other day.



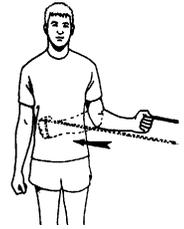
5. External Rotation with Tubing

With the arm bent 90 degrees, and hand on your stomach, place a towel roll or pillow between your elbow and your side. Pull the tubing away from the midline of your body with the elbow held firmly at your side. Each motion should be slow, controlled and should be done to a 3-second count. Perform 3 sets of 10 repetitions every other day.



6. Internal Rotation with Tubing

With the arm bent 90 degrees, and hand away from your stomach, place a towel roll or small pillow between your elbow and your side. Pull the tubing in toward the midline of your body with the elbow held firmly at your side. Each motion should be slow, controlled and should be done to a 3-second count. Perform 3 sets of 10 repetitions every other day.



7. Prone Horizontal Abduction

Lying flat on your stomach with a towel roll under your head bring your arms out away from your side at shoulder level. Next, rotate your thumbs up towards the ceiling and lift your arms off of the surface, squeezing your shoulder blades together. Hold your arms up for a 5-second count and perform 3 sets of 10 repetitions every other day.



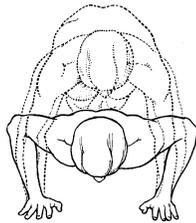
8. Prone Flexion

Lying flat on your stomach with a towel roll under your head bring your arms straight out in front of you. Next, rotate your thumbs up towards the ceiling and lift your arms off of the surface, squeezing your shoulder blades together. Hold your arms up for a 5-second count and perform 3 sets of 10 repetitions every other day.



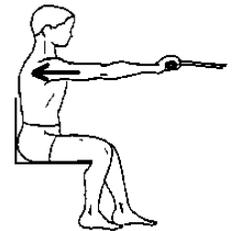
9. Push Up Plus

From the push up position press the weight of your body up. Once at the top of the push up position round your shoulders and arch your upper back as if to separate the space between your shoulder blades. Hold for 5 seconds and perform 3 sets of 10 repetitions every other day.



10. Rows

While standing or sitting grasp a piece of band or tubing which is fastened at shoulder level. Hold your forearms parallel to the ground and at shoulder level. Next, pull your elbows back while squeezing your shoulder blades together. Pull back to a 3 count, hold for 5 seconds and slowly release to a 3 count. Perform 3 sets of 10 repetitions every other day.



It is quite common to experience muscle soreness after performing resistive exercises. This soreness can be minimized by stretching after a given exercise session, as well as by drinking plenty of water to help the body rid itself of acids which cause soreness. Applying an ice pack or performing an ice massage to the affected area 2-3 times per day, and or after exercise, can also relieve post exercise soreness and shoulder pain related to impingement syndrome.

The most current research, which is relevant to this exercise protocol, can be found in an article titled “Comparison of 3-Dimensional Scapular Position and Orientation Between Subjects With and Without Shoulder Impingement” Journal of Orthopedic & Sports Physical Therapy, 1999; 29 (10): 574-586.