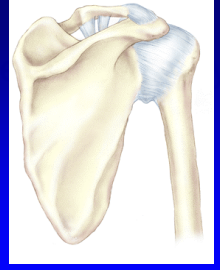


DR. TERRY HAMMOND

SHOULDER SURGEON



***IMPINGEMENT SYNDROME / ROTATOR CUFF TEAR
(NON OPERATIVE TREATMENT)
PHYSIOTHERAPY PRINCIPLES***

Range of motion exercises – pendulum, active assisted flexion and rotation

Capsule stretches – especially posterior capsule

Strengthening – start with gentle (less than 30% strength) isometric rotation exercises,
work up to theraband, weights etc

Cardiovascular conditioning

Core strengthening especially transversus abdominis, multifidus

Improve scapulo-thoracic rhythm

Improve posture

No resisted shoulder abduction

GENERAL PRINCIPLES

Assess for cause of impingement – is there primary instability with secondary impingement?

If patient develops significant capsular tightness do not stretch

Reduce exercises if they cause prolonged pain

Reference – Journal of Shoulder and Elbow Surgery Vol. 18 No. 1 Jan/Feb 2009 P.138