

Rehabilitation Protocol: Internal Impingement – Non-Operative

For overhead athletes. Progression is criteria- and time-based and may take longer than the time frames listed. All exercise should be pain-free. Please contact our office with any questions or concerns.

☐ Phase I – Acute (Weeks 0-2)

- **Precautions:** Avoid pain-provoking activities and painful exercises
- **Therapeutic Exercises**
 - Posterior flexibility: modified sleeper stretch, cross-body stretch
 - Rotator cuff below 90° (concentric and eccentric); side-lying ER; rows with protraction/retraction; Kibler exercises
 - Scapular stabilization: prone row, extension, horizontal abduction; quadruped protraction; wall scapular press; supine dynamic hug
 - Modalities: cryotherapy, laser, e-stim, compression
- **Criteria to Progress:** No pain at rest; full shoulder ROM; restored posterior flexibility

☐ Phase II – Sub-Acute (Weeks 3-4)

- **Therapeutic Exercises**
 - Sleeper and cross-body stretches – do not exceed normal total arc of motion
 - Rotator cuff strengthening in 90/90; PNF diagonals; side-lying ER in side plank
 - Scapular: single-arm quadruped protraction (unstable surface, perturbations); wall slide with lower trap lift-off; closed chain dynamic hug; prone T/W/Y/I
 - End-range stabilization (exercise blade/perturbations); core and LE strengthening
 - Double-arm plyometrics
- **Criteria to Progress:** Phase II exercises and double-arm plyometrics without posterior shoulder discomfort

☐ Phase III – Advanced (Weeks 5-6)

- **Therapeutic Exercises**
 - Perturbations at end-range ER 90/90; wall ball stabilization
 - Plyometrics: double arm, then single arm, then 90/90; 90/90 wall dribble; eccentric catches
 - Serratus: push-up plus into ball, yoga push-up, landmine press, plank plus (unstable, perturbations)
 - Towel drill through throwing path
- **Criteria to Progress:** Single-arm plyometrics and towel drill without discomfort

☐ Phase IV – Return to Sport (Weeks 7-12+)

- **Therapeutic Exercises**
 - Interval sport program (monitor mechanics and workload); hitting program as appropriate
 - Thrower's Ten; advanced shoulder and scapular strengthening; UE/LE mobility
 - Collaborate with ATC/coach; consider video throwing analysis
- **Return to Sport:** Pain-free progression through interval sport program; independent with arm care program