

Impingement Protocol

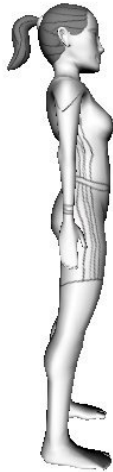
Codmans/Pendular Exercises



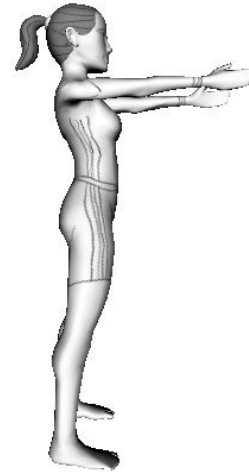
- Keep arm completely relaxed.
- Move your arm front to back/side to side/circles using momentum.
- Pendular motion.
- Do not actively move your shoulder.
- You should not experience any pain.

Shoulder Flexion Isotonic - 1

► Frequency: 1 x every other day Reps: 30-50



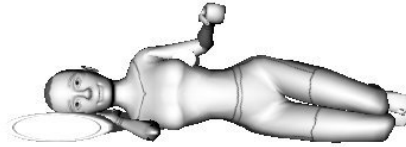
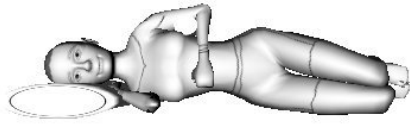
- Start with arms at side with thumbs up.
- Raise arms to shoulder level.
- Keep shoulder blades down and together.
- Lower slowly.



- Do not move beyond shoulder level.
- Do not rush through the exercise.
- Do not move into painful ranges.
- Do not hike shoulders.

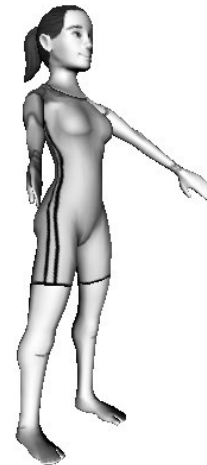
Sidelying External Rotation - 1

► Frequency: 1 x every other day Reps: 30-50



- Lie on uninvolved side.
- Place a towel roll under your upper arm.
- Keep elbow bent to 90 degrees.
- Keep shoulder blades down and together.
- Raise hand away from stomach until forearm is parallel to surface.
- Do not straighten elbow.
- Do not rush through exercises.

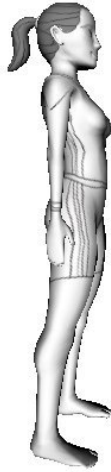
Shoulder Empty Can Isotonic



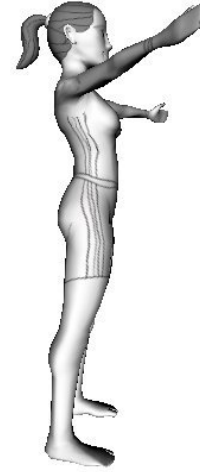
- Start with arms at side with thumbs down.
- Bring arms up about halfway to shoulder level, on a 45 degree diagonal.
- Lower slowly.
- Do not have arms directly out to the side.
- Do not move beyond halfway to shoulder level.
- Do not rush through the exercise.
- Do not move into painful ranges.

Shoulder Scaption Isotonic - 1

▶ Frequency: 1 x every other day Reps: 30-50



- Start with arms at side with thumbs up.
- Raise arms to shoulder level in the scapular plane (45 degrees).
- Keep shoulder blades down and together.
- Lower slowly.



- Do not move beyond shoulder level.
- Do not rush through the exercise.
- Do not move into painful ranges.
- Do not hike shoulders.