



ACUTE SHOULDER INJURY PROTOCOLS

BACKGROUND

P.R.I.C.E.

- P:** **PROTECTION** (*Sling*) can add stability and decrease pain.
- R:** **REST** (*limit motion/activity*) your shoulder when possible.
- I:** **ICE** your shoulder as frequently as possible (20 minutes every 2 hours).
- C:** **COMPRESSION**...*Not usually needed for the shoulder.*
- E:** **ELEVATE**...*Not usually needed for the shoulder.*

Pain: Take **Tylenol** (*acetaminophen*) for pain control.

INCREASE RANGE-OF-MOTION (PASSIVE / ACTIVE)

Passive: 3-way movement.

Passive = muscles relaxed. Movement with assistance or help.
Squeeze shoulder blades. Start with hands by side.
Move in directions shown.

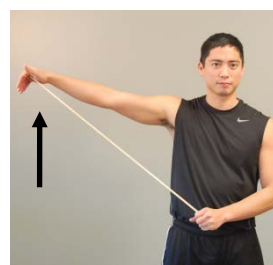
Frequency: 10 reps. Three times a day.
Rationale: Restore / maintain full shoulder movement.



Starting Position- Squeeze



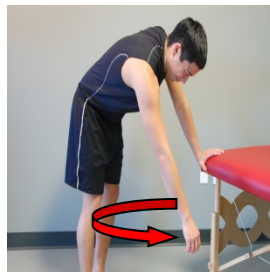
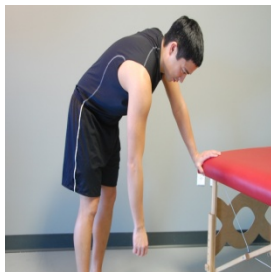
Forward Flexion



ABduction



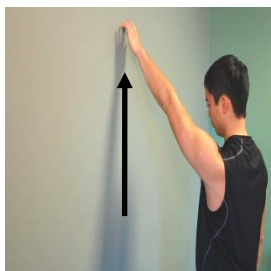
External Rotation



Active: Pendulums

Standing position, arm relaxed, hand hanging toward ground.
Relax shoulder. Swing in a circle. Let gravity take over.
Clockwise, 5 min. Counter Clockwise, 5 min.
Gradually increase circles. Slow, steady pace.

Frequency: 1 set. Three times a day.
Goal: Restore and maintain full shoulder movement.



Forward Flexion



ABduction

Active: Wall Climbers

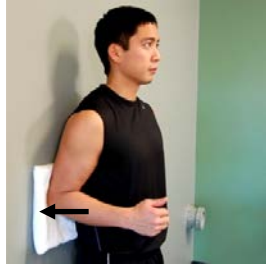
Face wall, squeeze shoulder blades.
Walk fingers up wall, hold when painful.
Walk fingers back down. Repeat **TEN** times.
Repeat with injured arm out to side, **TEN** times.

Frequency: 1 set. Three times a day.
Goal: Restore and maintain full shoulder movement.



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MAINTAIN STRENGTH



Isometric: Flexion / Extension

Stand with good posture, squeeze shoulders back.
Bend and hold elbow at 90°.

Flexion: Push hand into wall.

Extension: Push elbow into wall.

Hold 5 sec. Repeat **TEN** times.

Frequency: 1 set. Three times a day.

Goal: Increase strength of Deltoid Muscles.



Isometric: ABduction / ADduction

Stand with good posture, squeeze shoulders back.
Bend and hold elbow at 90°.

ABduction: Start hand on stomach.

Pull hand away from your stomach.

ADduction: Start hand away from stomach.

Pull hand into your stomach.

Hold 5 sec. Repeat **TEN** times.

Frequency: 1 set. Three times a day.

Goal: Increase strength of Rotator Cuff Muscles.



Scapular Retraction (Shoulder Blade Squeezes)

Relax head and neck.

Stand with good posture, squeeze shoulders back.

Avoid shrugging shoulders. Keep Abs tight.

Hold 10 sec.

Relax Shoulders. Repeat **TEN** times.

Frequency: 1 set. Three times a day.

Goal: Increase strength of Scapular Stabilizing Muscles.



Scapular Elevation (Shoulder Shrugs)

Relax head and neck.

Stand with good posture, squeeze shoulders back.

Raise shoulders up. Keep Abs tight.

Hold 10 sec.

Relax Shoulders. Repeat **TEN** times.

Frequency: 1 set. Three times a day.

Goal: Increase strength of Scapular Stabilizing Muscles.