Snapping Scapula Debridement Physical Therapy Protocol

Name_______________________________________________________ Date____________

Diagnosis  s/p RIGHT/LEFT Debridement of Snapping Scapula

Date of Surgery_________________________

Frequency: _______ times/week    Duration: _______ Weeks

______Weeks 1-4:
Sling for four weeks
Pendulums allowed after first postoperative visit
Encourage hand, wrist, elbow ROM, grip strengthening

______Weeks 4-6:
Begin AAROM, isometrics, for rotator cuff, deltoid
ADLs around the house without sling
Continue to wear sling in public for 6 weeks

_____ Weeks 6-3 Months:
Global AROM
Theraband Exercise for rotator cuff, deltoid, scapular rotators
Expectation: Return to work and sport at full activity averaged 3.5 to 4.5 months

Comments:

____Functional Capacity Evaluation ____Work Hardening/Work Conditioning ____ Teach HEP

Modalities
___Electric Stimulation ___Ultrasound ___ Iontophoresis ___Phonophoresis ___TENS
___ Heat before ___Ice after ___Trigger points massage ___Therapist’s discretion

Signature__________________________________________ Date__________________