



**Brian Waterman M.D.**  
ORTHOPEDIC SURGERY

**SNAPPING SCAPULA PROTOCOL**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery \_\_\_\_\_

Frequency: 1 2 3 4 times/week    Duration: 1 2 3 4 5 6 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/after     Ice before/after     Trigger points massage  
 Therapist's discretion  
 Other \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_