



# Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

## 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: \_\_\_\_\_