

Snapping Scapula Debridement Physical Therapy Protocol/Prescription

Name: _____**Date:** _____**Diagnosis:** _____**Date of Surgery :** _____**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:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____