

**SCAPULA REPAIR PROTOCOL**

	<b>IMMOBILIZER</b>	<b>RANGE OF MOTION</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-6 weeks	Immobilized at all times day and night  Off for hygiene and gentle home exercise according to instruction sheets	None  <b>NO ACTIVE ELBOW FLEXION</b> – Passive elbow extension ok	<b>0-4 weeks:</b> Elbow/wrist ROM, grip strengthening and pendulums at home only  <b>4-6 weeks: <u>NO ER!</u></b>  Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension  Closed chain scapula
<b>PHASE II</b> 6-12 weeks*	None	Begin PROM  Limit 90° flexion, 45° ER, 20° extension, 45° abduction, 45° ABER  Begin active/active-assisted ROM  Advance to 140° FE, 135° abduction, 90° ABER, 45° ABIR	Continue Phase I work; begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks  Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff**
<b>PHASE III</b> 12-16 weeks	None	Gradual return to full AROM	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization  Begin muscle endurance activities (upper body ergometer)  Cycling/running as tolerated at 12 weeks
<b>PHASE IV</b> 4-6 months***	None	Full and pain-free	Aggressive scapular stabilization and eccentric strengthening; scapular perturbation  Begin plyometric and throwing/racquet program, continue with endurance activities  Maintain ROM and flexibility
<b>PHASE V</b> 6-8 months	None	Full and pain-free	Progress Phase IV activities, return to full activity as tolerated

**Comments:**