

SNAPPING SCAPULA PROTOCOL

	BRACE	ROM	EXERCISES
PHASE I Weeks 1-4	Sling for four weeks	Encourage hand, wrist, elbow ROM, grip strengthening	Pendulums allowed after first postoperative visit
PHASE II Weeks 4-6	Continue to wear sling in public for 6 weeks	Begin AAROM, isometrics, for rotator cuff, deltoid	ADLs around the house without sling
PHASE IV Week 6 to 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