

# Arthroscopic Excision for Snapping Scapula Protocol



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

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

Date of Surgery: \_\_\_\_\_ Frequency: \_\_\_\_\_ times per week | Duration: \_\_\_\_\_ weeks

## Weeks 1-4:

- » Sling for four weeks
- » Hand, wrist, elbow ROM, grip strengthening

## Week 4-6:

- » Begin AAROM, isometrics, for rotator cuff and deltoid
- » Cryotherapy 2-4 times/day for up to 20 mins
- » Discontinue sling as tolerated
- » May need sling intermittently for discomfort

## Week 6 - 3 Months:

- » Advance ROM as tolerated
- » Advance strengthening program for rotator cuff and scapular muscles

## 3 Months and Beyond:

- » Light work at 4-6 months
- » Return to full work and sports activities at 5-6 months

## Additional:

- Teach HEP
- Work Hardening/Work Conditioning
- Functional Capacity Evaluation

## Modalities:

- Ice or cryotherapy before/after
- Heat before/after
- Electric Stimulation
- TENS
- Ultrasound
- Trigger points massage
- Dry needling
- Therapist's discretion

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

**Want to learn more?** Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at [anthonyromeomd.com](http://anthonyromeomd.com). →

