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## Snapping Scapula Protocol

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

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

Date of Surgery: \_\_\_\_\_

Frequency: \_\_\_\_\_ times per week | Duration: \_\_\_\_\_ 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.

### Week 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:

\_\_\_\_\_  
\_\_\_\_\_

### Additional:

\_\_\_ 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 \_\_\_ Other: \_\_\_\_\_

\_\_\_ Therapist's discretion

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

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