



Scapular Dyskinesia Rehabilitation Protocol

PHASE 1: ACUTE PHASE (WEEKS 0 – 3)

- Initially, avoid painful arm movement and establish scapular motion.
- Begin soft tissue mobilization, electrical modalities, ultrasound, and assisted stretching.
- Begin upper extremity weight shifts, wobble board exercises, scapular clock, rhythmic ball stabilization and weight-bearing isometric extension.
- Use these CKC exercises in various planes and levels of elevation, but coordinate them with appropriate scapular positioning.
- Initiate scapular motion exercises without arm elevation.
- Include arm motion with scapular motion exercises because the scapular motion improves to reestablish scapulohumeral coupling patterns. Keep the arm close to the body initially to minimize the intrinsic load.
- Emphasize lower abdominal and hip extensor exercises from the standing position.

PHASE 2: RECOVERY PHASE (WEEKS 3 – 8)

- Continue to emphasize lower abdominal and hip extensor exercises along with flexibility exercises for scapular stabilizers.
 - Increase the loads on CKC exercises such as wall push-ups, table push-ups, and modified prone push-ups.
 - Also, increase the level of arm elevation in CKC exercises as scapular control improves.
 - Add arm elevation and rotation patterns to scapular motion exercises, as able. Use diagonal patterns, scapular plane, and flexion. Progress toward active abduction.
 - Begin tubing exercises using hip and trunk extension with retraction and hip and trunk flexion with protraction.
 - As scapulohumeral coupling and control are achieved, dumbbell punches may be introduced.
 - Use lunges with dumbbell reaches to emphasize kinetic chain timing and coordination.
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PHASE 3: FUNCTIONAL PHASE (WEEKS 6 - 10)

- When there is good scapular control and motion throughout the range of shoulder elevation, initiate plyometric exercise such as medicine ball toss and catch and tubing plyometrics.
- Continue to include kinetic chain activation. Move to various planes as scapular control improves.
- Slow, resisted sport-skill movements, such as the throwing motion, are good activities to promote kinetic chain stabilization while dynamically loading the scapular muscles.
- Overhead dumbbell presses and punches, in various planes, are advanced exercises requiring good scapular control through a full and loaded GH joint ROM.
- The lunge-and-reach series can be progressed to overhead reaches in the return position.
- Progressively add external resistance to exercises introduced earlier in the program. The volume of work becomes a progression as do the difficulty of the exercise and the amount of resistance.
- Challenging lower extremity stability using wobble board, trampoline, slide boards, and the like also increases the load on the scapular musculature without sacrificing the functional movements.