

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. ➔

