Scapular Dyskinesia

**Rehabilitation goals**

* Improve scapulohumeral rhythm
* Maximize flexibility of posterior capsule and pectoralis muscles
* Improve strength of rotator cuff and scapular stabilizers
* Pain free range of motion
* Improve endurance of scapular stabilization musculature

**Stretching**

To be done throughout entire protocol and as a part of a home exercise program

* Sleeper stretch
* Cross body stretching
* Corner stretch
* Towel stretch

**Phase 1: Scapular stabilization (0-3 weeks)**

* Scapular squeezes
* Push ups with a plus
* Closed kinetic chain exercises at low abduction and ER and progress to 90 degrees abduction as tolerated
  + Weight shifting – upper extremity
  + Wobble board
  + Scapular clock
* Free weights, manual therapy or machines
  + Standing scaption
  + Shoulder shrugs
  + Serratus punches
  + Prone scaption and horizontal abduction
  + Prone and seated rows
  + Lat pull downs
  + Seated flys

**Phase 2: Rotator cuff Strengthening (4-6 weeks)**

\*\*Begins only once scapular base has been restored\*\*

* Work on upper body endurance (UBE or Cybex)
* Continue Phase 1 – increase weight and reps
* Medicine ball chest passes
* PNF patters (D1, D2)
* Theraband exercises
  + Internal/External rotation at 0 and 90
  + Abduction to 90
  + Standing rows
  + Closed chain rhythmic stabilization

**Phase 3: Endurance and Strengthening (7-10 weeks)**

* Increase resistance of UBE or Cybex
* Progress with weights/reps as tolerated
* Progress rhythmic stabilization with eyes open, closed and supine
* Sport specific exercises
  + Short distance throwing for baseball with corrected throwing technique
  + Pain free blocking, tackling, passing and shooting
  + Pain free strokes for swimmers