

Snapping Scapula Protocol

Phase I – Weeks 1 to 4:

- Sling for 4 weeks
- Pendulums allowed after first post-op visit
- Encourage hand/wrist/elbow ROM, grip strengthening

Phase II – Weeks 4 to 6:

- Begin AAROM, isometrics, for rotator cuff, deltoid
- ADLs around the house without sling
- Continue to wear sling in public for 6 weeks

Phase III – Weeks 6 to 3 months:

- Global AROM
- Theraband exercise for rotator cuff, deltoid, scapular rotators

Return to work and sport at full activity: averaged 3.5 to 4.5 months