

Physical Therapy Prescription Scapular Stabilization Protocol

Patient Name:

Today's Date:

Dx:

Scapular Muscle Rehabilitation : (1) Isometrics (2) Closed Chain (3) Open Chain

Isometrics:

- Scapular Pinch (Retraction)
- Shrug (Elevation)

Closed Chain:

- Hand stabilized on wall or on a ball on the wall >> Scapular elevation, Retraction, Depression, Protraction
- Push-ups
- Press-ups

Open Chain:

- Plyometrics
- Proprioceptive Neuromuscular Facilitation
- Machines: Pulldown, Upright rows, Presses

Progress to Rotator Cuff strengthening after Scapular strengthening is in progress.

For Throwers: consider entire kinetic chain. Start rehabilitation with emphasis on leg, low back, trunk, abdominal strengthening.

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ **M.D.**