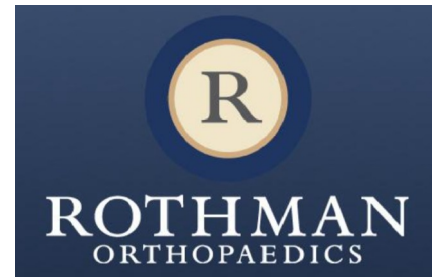


Brandon J. Erickson, MD
Mackenzie Lindeman, ATC
176 3rd Ave New York, NY
658 White Plains Rd Tarrytown, NY
450 Mamaroneck Rd Harrison, NY
Phone: 914-580-9624
Brandon.erickson@rothmanortho.com
Mackenzie.lindeman@rothmanortho.com
<https://rothmanortho.com/physicians/brandon-j-erickson-md>



Snapping Scapula Debridement Physical Therapy Protocol

Name _____ Date _____

Diagnosis s/p RIGHT/LEFT Debridement of Snapping Scapula

Date of Surgery _____

Frequency: _____ times/week Duration: _____ Weeks

_____ Weeks 1-4:

Sling for four weeks

Pendulums allowed after first postoperative visit

Encourage hand, wrist, elbow ROM, grip strengthening

_____ Weeks 4-6:

Begin AAROM, isometrics, for rotator cuff, deltoid

ADLs around the house without sling

Continue to wear sling in public for 6 weeks

_____ Weeks 6-3 Months:

Global AROM

Theraband Exercise for rotator cuff, deltoid, scapular rotators

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

Comments:

_____ Functional Capacity Evaluation _____ Work Hardening/Work Conditioning _____ Teach HEP

Modalities

_____ Electric Stimulation _____ Ultrasound _____ Iontophoresis _____ Phonophoresis _____ TENS

_____ Heat before _____ Ice after _____ Trigger points massage _____ Therapist's discretion

Signature _____ Date _____