Scapula Body Fracture – Non-operative

Three times per day home exercise program including:

Phase 1: Week 0-2
- Maintain sling use (except for TID elbow wrist finger ROM, hygiene)
  - Elbow should be supported
- No lifting > weight of coffee cup
  - No active shoulder ROM
- Begin TID HEP for elbow wrist finger ROM

Phase 2: Week 2-6
- Use sling except with hygiene and therapy
- Continue elbow, wrist and finger motion
- Begin Formal PT AND Three time daily (TID) home exercise program (HEP)
  - Shoulder 4 quadrant PROM, AAROM
    - Pulleys, table slides, supine wand exercises in all planes
- No lifting > weight of coffee cup

Phase 3: Week 6-12 weeks (following clinical fracture healing)
- Wean from sling
- Add shoulder AROM, continue PROM, AAROM
- Rhomboid and periscapular isometrics, posture exercises
- Phase I and II cuff strengthening when ROM is full and painless and fracture is healed
- Periscapular, complete extremity, core strengthening
- Activities as tolerated (if there are signs of bony healing)
  - Independent home exercise program
  - Return to sport
  - Work hardening