

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

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

[More info: twincitiesshoulderandelbow.com/scapula-fractures-shoulder-elbow-specialist-minneapolis-saint-paul.html](http://twincitiesshoulderandelbow.com/scapula-fractures-shoulder-elbow-specialist-minneapolis-saint-paul.html)