

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Scapula Body Fracture – ORIF

Three times per day home exercise program including:

Phase 1: Week 0-6

- Sling as needed for comfort
- No lifting > weight of coffee cup
- Begin formal PT and TID HEP
 - Elbow wrist finger ROM
 - Shoulder 4 quadrant PROM, AAROM
 - Pulleys, table slides, supine wand exercises in all planes

Phase 2: Week 6-12 weeks

- Wean from sling
- Add shoulder AROM, continue PROM, AAROM
- Rhomboid and periscapular isometrics, posture exercises
- Phase I cuff strengthening when ROM is full and painless and fracture is healed
- Periscapular, complete extremity, core strengthening
- Lift no more than 5# overhead

Phase 3: 12-18 weeks

- Phase 2 cuff strengthening
- Activities as tolerated without restrictions
 - Independent home exercise program
 - Return to sport
 - Work hardening

More info: twincitiesshoulderandelbow.com/scapula-fractures-shoulder-elbow-specialist-minneapolis-saint-paul.html