



## **SNAPPING SCAPULA PROTOCOL**

### **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