



CARING BEYOND MEDICINE

Department of Physical Rehabilitation

**E.J. Noble Building
80 East Main Street
Canton, NY 13617
Phone: (315) 261-5490
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**Lawrence Avenue Medical Campus
49 Lawrence Avenue
Potsdam, NY 13676
Phone: (315) 261-5460
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Web: CPHospital.org

Scapular Thoracic Bursectomy / Partial Scapulectomy

Week 1: Post-op day 1-7

PROM:

- a- Scapular retraction-depression
- b- Cervical ROM exercise
- c- Elbow/hand/wrist ROM
- d- Pendulums
- e- S/L (sidelying) Scapular mobilizations
- f- External rotation
- g- Forward elevation & scaption
- h- Abduction
- i- IR to belt line
- j- IR

AROM:

- a- IR / ER
- b- Forward elevation & scaption
- c- Isometrics IR / ER
- d- Scapular stabilizers
- e- Prone scapular retraction
- f- Low load prolonged stretches : TV watching stretch

ADL's:

- a- Eating and drinking (elbow motion only)
- b- Dressing
- c- Washing / showering
- d- Computer with supported arm

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Week 2: Post-op day 8-14

PROM:

No additions

AROM:

- a- Sidelying ER
- b- Forward elevation & scaption (lawn chair progression)
- c- Prone lower trap row
- d- Prone extensions with ER
- e- Open chain proprioception

ADL's:

- a- Driving

Week 3: Post-op day 15-21

PROM:

- a- Aqua therapy for gentle AAROM

AROM:

- a- Prone horizontal ABDuction with ER
- b- Low load prolonged stretches:
 - a. Door jam series
 - b. Cross arm stretch
 - c. 90/90 ER stretch

ADL's:

No additions

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Week 4: Post-op day 22-28

PROM:

No additions

AROM:

No additions

ADL's:

- a- Lifting up to 5 lbs

STRENGTHENING AND PROPRIOCEPTION

- a- ER
- b- IR
- c- Punches with a plus
- d- Sport cord rows
- e- Prone lower trap
- f- Biceps curls
- g- Triceps extensions

Week 5

PROM:

No additions

AROM:

- a- Low load prolonged stretches:
 - a. Towel IR
 - b. Sleeper stretch

ADL's:

- a- Overhead activity

STRENGTHENING AND PROPRIOCEPTION

- a- Initial push-up plus
- b- Initial closed chain stability

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Week 6 and 7

PROM:

No additions

AROM:

No additions

ADL's:

a- Lifting greater than 5 lbs

STRENGTHENING AND PROPRIOCEPTION

a- ER at 45*

b- Bear hugs

c- ER at 90*

d- Statue of Liberty

Week 8

STRENGTHENING AND PROPRIOCEPTION

a- Advanced push-up plus

Week 9

STRENGTHENING AND PROPRIOCEPTION

a- Advanced closed chain stability

b- PNF with resistance

Week 10-12

STRENGTHENING AND PROPRIOCEPTION

a- Decelerations

b- Plyometric ER

WEIGHT LIFTING IN GYM AND RETURN TO SPORTS

Criteria: full pain free motion and full rotator cuff strength restored. No lat pulls behind back, or wide grip bench press.

a- Skiing

b- Throwing progression

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Week 13-16

WEIGHT LIFTING IN GYM AND RETURN TO SPORTS

- a- Overhead and serving sports (tennis, volleyball)

Week 17-20

WEIGHT LIFTING IN GYM AND RETURN TO SPORTS

- a- Contact sports (football, hockey, lacrosse)
- b- Swimming