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Therapist Rehabilitation Protocol

Scapulothoracic Bursectomy

General Instructions for Therapists:

- Therapy is to begin 2 weeks after the surgery for this protocol.

Instructions:

Sling: Sling for comfort only for the first 48 hours after surgery.

Range of motion:

Begin immediate passive and active range of motion without restriction, including scapular protraction and retraction and progress as tolerated

Strengthening: Ok to begin strengthening including the scapular stabilizers as soon as full symmetric active range of motion is recovered, which typically occurs at four weeks post-operatively.

Plan for return to full occupational and athletic activity at six weeks post-operatively. Please provide a home exercise program with a focus on scapular posture and strengthening of the scapular retractors and force couple

Limitations: None

Modalities: Heat before and ice after therapy. Other modalities at therapist's discretion.

Frequency: 2-3 times/week

Duration: 6 weeks