

Guide to Scapular Muscle Rehabilitation

Welcome to our Scapular Muscle Rehabilitation video series. Painful irritation can develop in the muscles that attach to the scapula (shoulder blade) as a result of overuse of the arm or after injury/surgery to the shoulder. This video program is designed to recondition the muscles around the shoulder blade and help restore normal posture and balance to the shoulder girdle. *This video should not be used as a substitute for regular physical therapy visits and guidance from your physician.*

Please remember the following as you use this video:

- It may up to 6-8 weeks of performing these exercises before you feel appreciable pain relief around the shoulder. Imbalance in the shoulder muscles usually takes a long time to develop before causing pain, which means it can also take a long time to resolve.
- Additional pain relieving modalities include:
 - NSAIDs: Take a 10-14 day course at start of program to limit muscle irritation and pain.
 - Apply moist heat to loosen muscles prior to exercises.
 - Icing is very important after each therapy session – place an ice pack or cooling pad on the affected area for 10 minutes to help limit any irritation from exercise.
 - Massage therapy treatments are often helpful to relieve painful muscle spasms.
- Equipment needed for this program includes elastic resistance bands and/or light dumbbells.
- Perform exercises 1-2 times daily; if pain or irritation worsens limit exercise sessions to every other day or even every third day.
- If you develop any questions or concerns regarding your condition while using this video, contact your physician.

Best of luck in your recovery.

PHASE I – PREVENT DECONDITIONING

KEY POINTS:

- Progress slowly to avoid irritation
- Perform 1-2 sets of 20 repetitions each exercise
- When you are able to do these exercises without significant discomfort, progress to Phase 2

PHASE 1 EXERCISES:

1. TABLE TOP WARM UP
2. SHRUGS
3. FORWARD ROLLS
4. BACKWARD ROLLS

See video at <http://www.matthewboesmd.com/scapular-muscle-rehabilitation/> to view the exercises.

PHASE 2 – MUSCLE ACTIVATION

KEY POINTS:

- Continue all Phase 1 exercises
- Hold final position of each exercise for 2-3 seconds
- Perform 1-2 sets of 20 repetitions for each exercise
- When you are able to do these exercises without significant discomfort, progress to Phase 3

PHASE 2 EXERCISES:

1. TABLE TOP PROTRACTION
2. TABLE TOP RETRACTION
3. WALL EXERCISES – PROTRACTION & RETRACTION
4. WALL THUMB TACK EXERCISE / UPWARD & DOWNWARD ROTATION
5. NO MONEYS

See video at <http://www.matthewboesmd.com/scapular-muscle-rehabilitation/> to view the exercises.

PHASE 3 – EARLY STRENGTHENING

KEY POINTS:

- Continue Phase 2 exercises
- Start with lightest resistance exercise band or dumbbell; increase resistance by 1 band or 1 pound every week
- Perform 1-2 sets of 20 repetitions for each exercise
- When you are able to do these exercises without significant discomfort, progress to Phase 4

PHASE 3 EXERCISES:

1. STANDING ELEVATION – DUMBBELLS OR TUBING
2. SUPINE PROTRACTION – DUMBBELLS OR TUBING
3. RETRACTION & DEPRESSION @ SHOULDER LEVEL
4. RETRACTION & DEPRESSION @ WAIST LEVEL

See video at <http://www.matthewboesmd.com/scapular-muscle-rehabilitation/> to view the exercises.

PHASE 4 – ADVANCED STRENGTHENING

KEY POINTS:

- Continue Phase 2 and Phase 3 exercises
- Hold final position of each exercise for 2-3 seconds
- Perform 1-2 sets of 20 repetitions for each exercise

- Start with no resistance [just weight of arm]; advance to light dumbbells

PHASE 4 EXERCISES:

1. PRONE ABDUCTION @ 90 DEGREES
2. PRONE ABDUCTION OVERHEAD
3. PRONE ABDUCTION @ 90 DEGREES WITH ROTATION
4. PRONE EXTENSION

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For more information, visit www.MatthewBoesMD.com