

PHYSICAL THERAPY PRESCRIPTION

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Keck Medicine
of USC

PATIENT STICKER

DATE: _____

DIAGNOSIS: (LEFT/RIGHT)

SCAPULAR MUSCLE REHABILITATION PHYSICAL THERAPY PRESCRIPTION

Scapular Muscle Rehabilitation: (1) Isometrics (2) Closed Chain (3) Open Chain
Include manual therapy and active release

Isometrics:

- ___ Scapular Pinch (Retraction)
- ___ Shrug (Elevation)

Closed Chain:

- ___ Hand stabilized on wall or on a ball on the wall >> Scapular elevation, Retraction, Depression, Protraction
- ___ Push-ups
- ___ Press-ups

Open Chain:

- ___ Plyometrics
- ___ Proprioceptive Neuromuscular Facilitation
- ___ Machines: Pulldown, Upright rows, Presses

Progress to Rotator Cuff strengthening after Scapular strengthening is in progress.
For throwers, consider entire kinetic chain. Start rehabilitation with emphasis on leg, lower back, trunk, and abdominal strengthening.

Treatment: _____ times per week _____ Home Program

Duration: _____ weeks

Physician's Signature: _____

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