

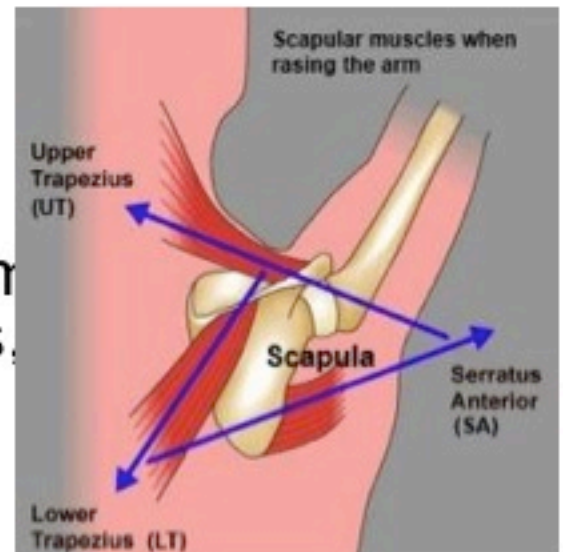
Scapular Rehabilitation

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Considerations

- ▶ Address the cause of scapular dyskinesis
 - Postural abnormality
 - Nerve injury
 - Reduced muscular/capsular flexibility
 - Muscle imbalance/weakness
 - Proprioceptive dysfunction
- ▶ Be aware of any associated problems
 - Rotator cuff, bursa, long head of biceps, glenohumeral joint
- ▶ Assessment will guide treatment
- ▶ Address contributing factors
 - Work
 - Sport
 - Training errors

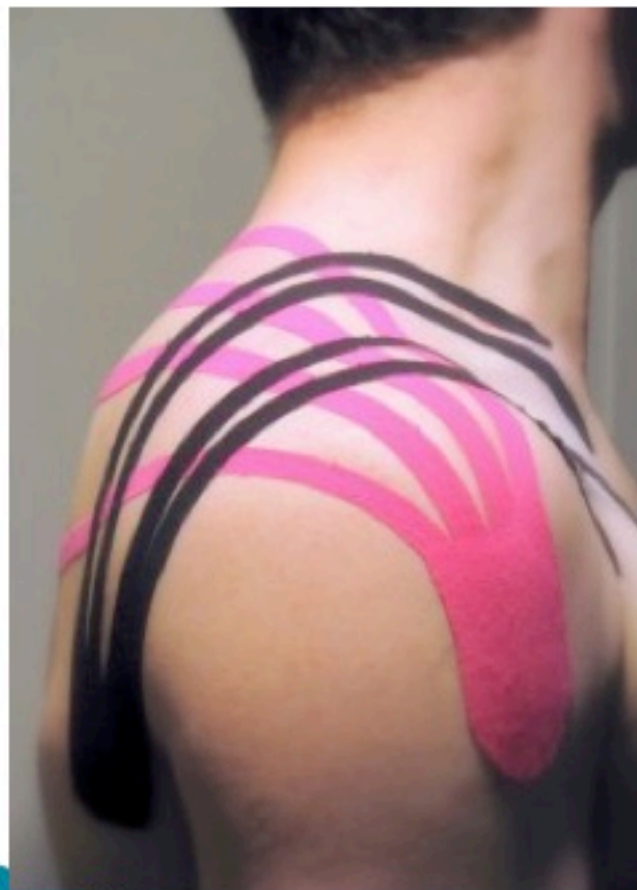


Scapular Stability

- ▶ Training scapular movement
 - Closed chain useful early
- ▶ Maintaining a good scapula position
 - Statically
 - Dynamically through ROM
- ▶ RTUS as biofeedback



Taping



- ▶ Can be used to stimulate neuromuscular awareness of scapula stabilisers
- ▶ Can inhibit overactivity (esp Lev Scap)

Progressions

- ▶ Only when good scap position/control can be attained and sustained
- ▶ Scapular endurance is critical
 - Fatigue => poor scap location => higher chance of impingement
- ▶ Integrated and plyometric sport-specific exercises

