



## Scapular Dyskinesia Rehabilitation Protocol

### *Scapular Muscle Rehabilitation : Isometrics, Open Chain, Closed Chain*

#### *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, low back, trunk, abdominal strengthening.*