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SCAPULAR MUSCLE REHABILITATION PHYSICAL THERAPY **PRESCRIPTION**

Diagnosis: Scapular Dyskinesia

Scapular Muscle Rehabilitation: (1) Isometrics (2) Closed Chain (3) Open 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.