



Scapular Dyskinesia Rehabilitation Protocol

Joseph D. Lamplot, M.D.
Referral for Rehabilitation Services

EMORY
SPORTS MEDICINE
CENTER

Patient Name: _____ Diagnosis: _____ PT Duration: _____ / Week _____ Weeks

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.

I hereby certify these services as medically necessary for the patient's plan of care.

Physician's Signature

Date _____

EMORY
SPORTS MEDICINE
CENTER

FLOWERY BRANCH OFFICE
4450 Falcon Parkway
Flowery Branch, GA 30542

TEL: (404)-544-1282
FAX: (404)-544-1278
EMAIL: jlamplo@emory.edu