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Scapular Dyskinesis 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.