

## Shaving of the Superior/Medial Border of the Scapula

### Dr. Murphy

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> <li>• Dressing change</li> <li>• Instruction in signs and symptoms of infection</li> <li>• Removal of pain pump</li> <li>• Instruction in cryotherapy</li> <li>• Instruction in pendulum exercise, fist pumps, elbow ROM and AAROM into flexion using opposite upper extremity</li> </ul>	<ul style="list-style-type: none"> <li>• Independent in HEP of AAROM shoulder flexion, fist pumps, elbow ROM, pendulum exercise, scapular retraction, shoulder shrugs and cryotherapy</li> </ul>
Phase I 0-2 weeks	<ul style="list-style-type: none"> <li>• Frequency = 2-3x/week</li> <li>• Patient may D/C sling as tolerated</li> <li>• Progress PROM as tolerated</li> <li>• Progress AAROM as tolerated after 1 week</li> </ul>	<ul style="list-style-type: none"> <li>• Progression of HEP as tolerated</li> <li>• Progression of PROM towards WNL</li> </ul>
Phase II 2-6 weeks	<ul style="list-style-type: none"> <li>• Frequency= 2-3x/week until ROM and strength are approaching WNL.</li> <li>• PROM all directions, progress as tolerated</li> <li>• AAROM all directions as tolerated</li> <li>• AROM and PREs at 2 weeks post-op and progress as tolerated.</li> <li>• Strengthening of the scapular stabilizers progressed as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• ROM WNL at 3-4 weeks in all directions</li> <li>• Independent in PRE's at 2 weeks for progression independently</li> <li>• Strength progressed as tolerated in clinic</li> </ul>