

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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PATIENT STICKER

SCAPULOTHORACIC DYSKINESIA PHYSICAL THERAPY

Side: Right Left Bilateral

Diagnosis: Scapulothoracic Dyskinesia

Other: _____

- 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 in progress
- Begin with Isometrics for Rotator Cuff
 - Progress to Theraband, then to Isotonics
- Progress to Deltoid, Lats, Triceps, and Biceps
 - Progress Scapular stabilizers to Isotonics below horizontal
- Emphasis on Scapular stabilizers / Humeral Head depressors
- Range of Motion (Increase IR) Active / Active –Assisted / Passive
- Return to Sport Phase:
 - For Throwers: Consider entire Kinetic Chain. Start Rehabilitation with emphasis on Leg, Low Back, Trunk, Abdominal Strengthening
 - Plyometric program for overhead athletes
- Modalities prn (Ultrasound / Phonophoresis / E-stim / Moist Heat / Ice)

Frequency & Duration: 1-2 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**