

Scapula Fracture Rehabilitation Program

Acute Phase (Weeks 1-2)

Goal: Pain control, swelling reduction, and fracture stabilization.

Application	Procedure/Directions	Rest	Per Day
Cryotherapy	Apply ice packs for 15 min every 2 hrs (first 72 hrs)	Every 2 hrs.	As Needed
NSAIDs	Take as prescribed by a physician	NA	As needed
Immobilization	Wear a shoulder sling for 2-3 weeks	Continuous	Continuous

Early Mobilization (Weeks 2-6)

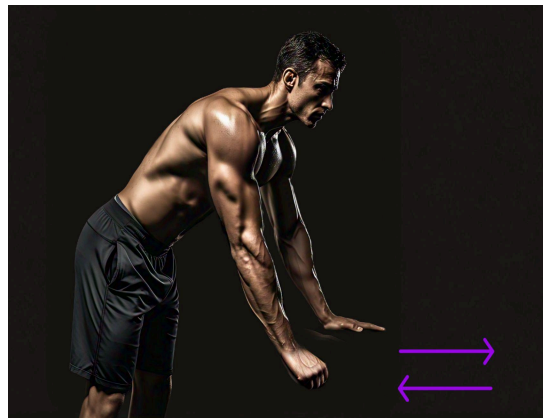
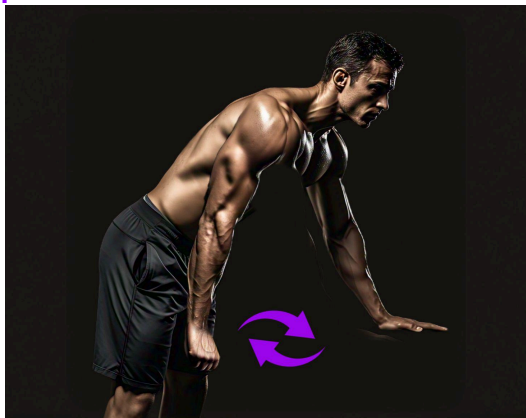
Goal: Maintain joint mobility, prevent stiffness, and begin gentle muscle activation.

Exercise	Procedure & Directions	Reps	Set	Rest	Per Day
Pendulum Exercises	Small circles & forward-backward movements	30 sec	10-15	30 sec between sets	2-3x/day

Steps:

1. Lean Forward – Support yourself with the uninjured arm on a table.
2. Relax – Let the injured arm hang freely.
3. Swing Gently – Move your arm in small circles.
4. Reverse Direction – Switch directions after a few rotations.

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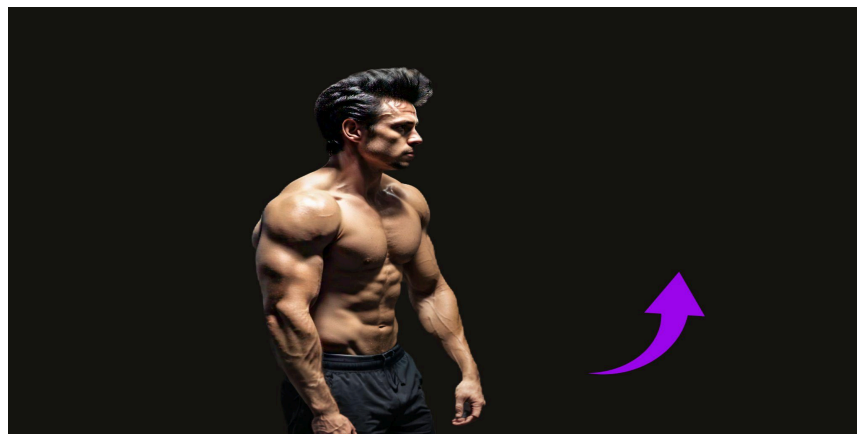


Exercise	Procedure & Directions	Reps	Set	Rest	Per Day
Shoulder Flexion	<i>PROM/AAROM (0°-90°)</i>	<i>10-15</i>	<i>2-3</i>	<i>30 sec between sets</i>	<i>2-3x/day</i>

Steps:

1. *Stand Tall – Keep your back straight and arm relaxed.*
2. *Lift Arm – Slowly raise your injured arm forward, palm facing down.*
3. *Go to Comfort Level – Stop if you feel pain, aim for shoulder height.*
4. *Lower Slowly – Return to the starting position in a controlled motion.*

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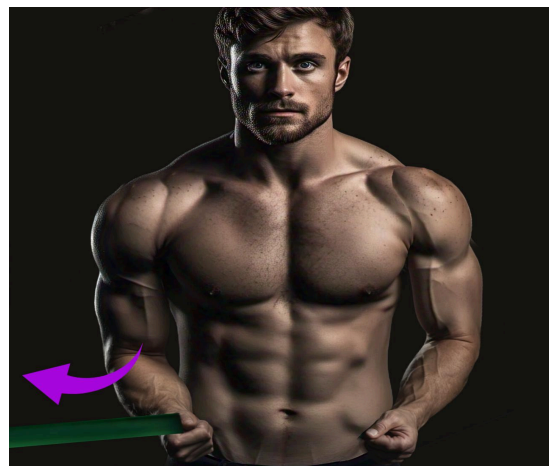
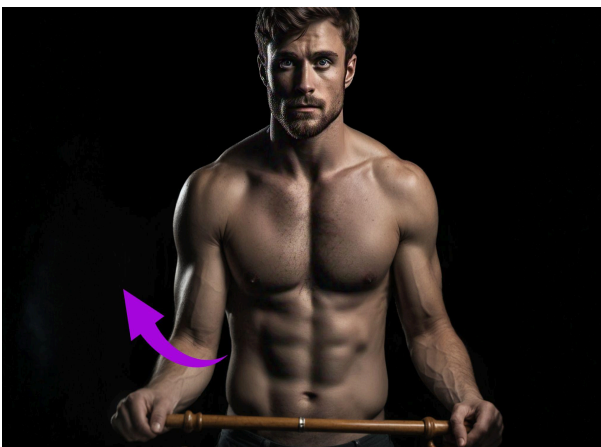
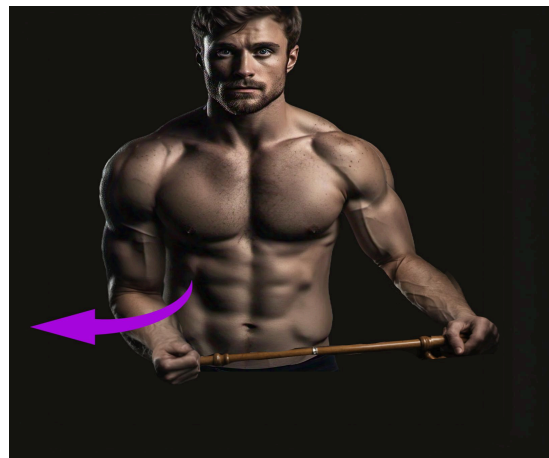
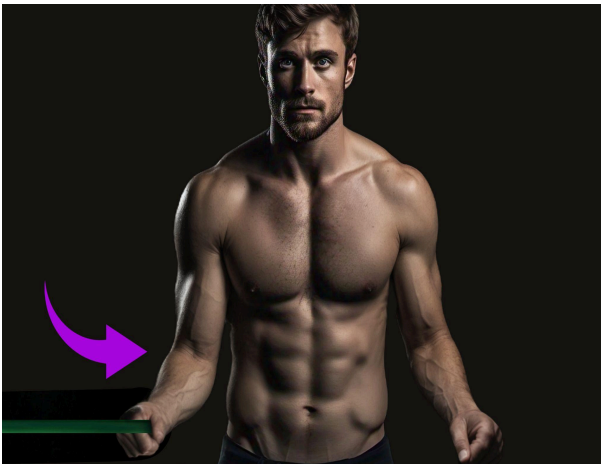


Exercise	Procedure & Directions	Reps	Set	Rest	Per Day
External Rotation	<i>External Rotation PROM / AAROM (0°-30° pain-free)</i>	10-15	2-3	30 sec between sets	2-3x/day

Steps:

1. *Start Position – Sit or stand with elbow bent at 90°, close to your side.*
2. *Hold a Stick or Band – Use the uninjured hand to assist movement.*
3. *Rotate Outward – Slowly move your forearm away from your body.*
4. *Control Return – Bring it back to the start position.*

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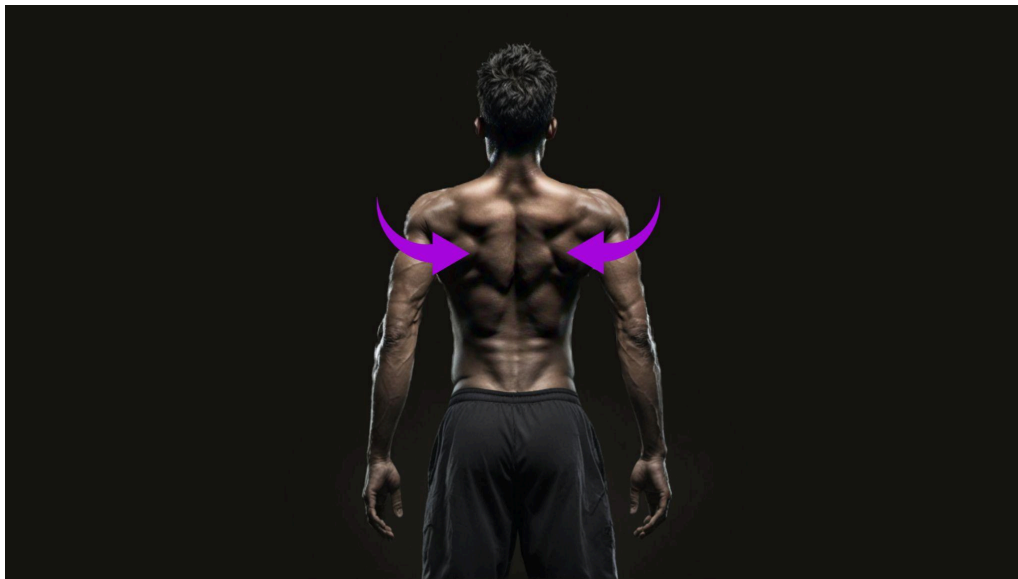


Exercise	Procedure & Directions	Reps	Set	Rest	Per Day
Scapular Retractions	<i>Squeeze shoulder blades together, hold 5 sec</i>	15	2-3	<i>30 sec between sets</i>	<i>2-3x/day</i>

Steps:

1. *Sit or Stand Tall – Keep your back straight and shoulders relaxed.*
2. *Squeeze Shoulder Blades – Pull them together without shrugging.*
3. *Hold – Maintain the squeeze for 5 seconds.*
4. *Release Slowly – Return to the starting position.*

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Exercise	Procedure & Directions	Reps	Set	Rest	Per Day
Isometric Strengthening (Week 3-4)	<i>Shoulder Flexion, Extension, Abduction, Adduction (5-10 sec hold)</i>	10	2-3	30 sec between sets	2-3x/day

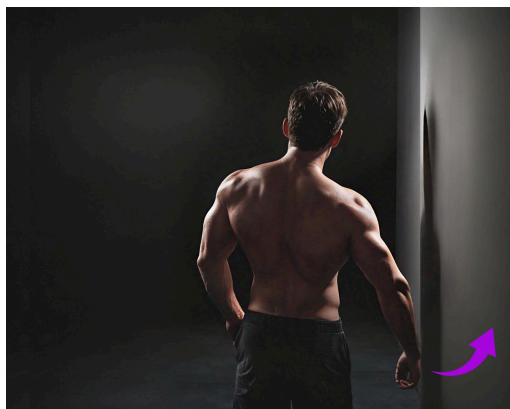
Steps:

1. *Start Position – Sit or stand with a straight posture.*
2. *Press Against Resistance – Push your hand against a wall or other stable surface without moving your arm.*
3. *Hold – Maintain the pressure for 5-10 seconds.*
4. *Release Gently – Relax and reset.*

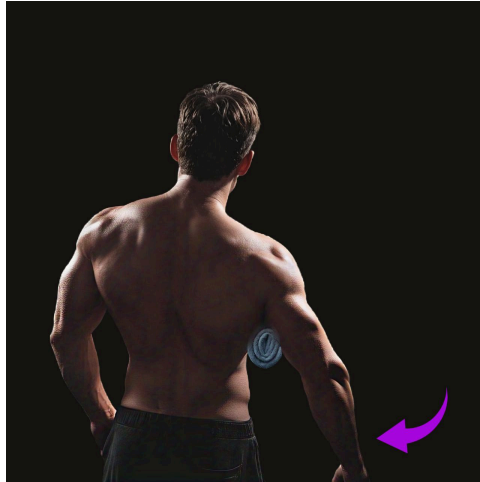
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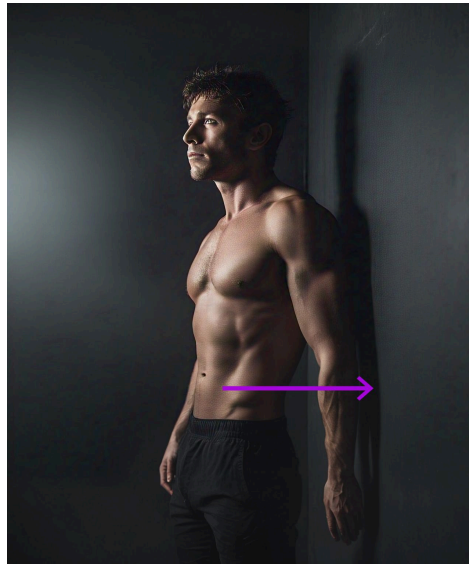
Shoulder Abduction



Shoulder flexion



Isometric Shoulder Adduction



Shoulder Extension Isometric

Functional Rehabilitation (Weeks 12+ & Return to Activity)

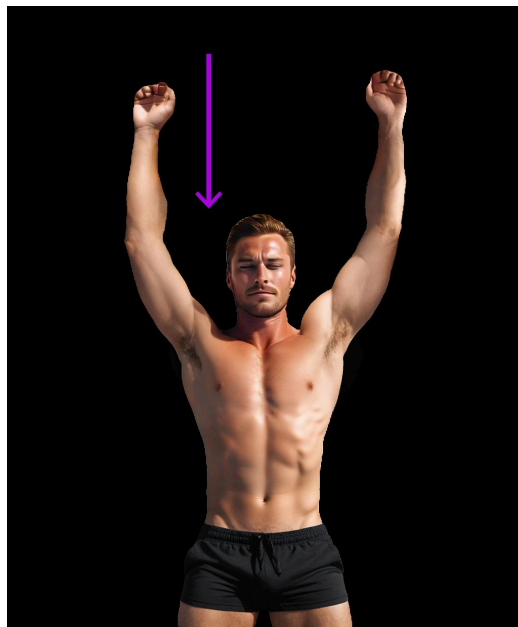
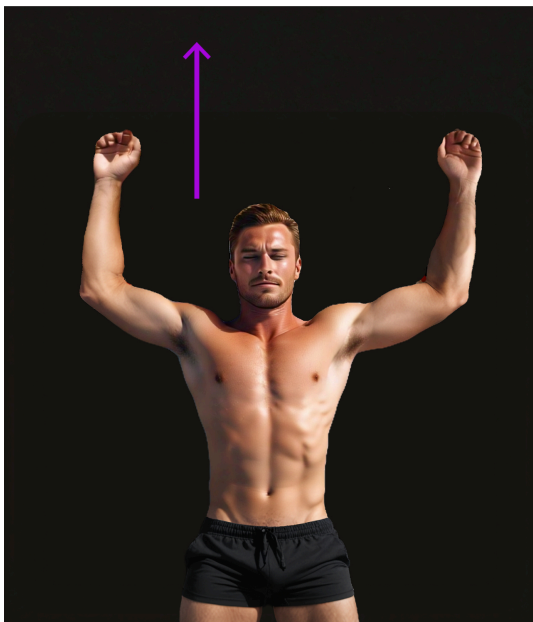
Goal: Restore full range of motion, return to work/sport, and improve endurance.

Exercise	Procedure & Directions	Reps	Set	Rest	Per Day
Overhead Press	<i>Light resistance, pain-free range</i>	<i>10-12 reps</i>	<i>2-3 sets</i>	<i>30 sec</i>	<i>1-2x/day</i>

Steps:

1. *Start Position – Sit or stand with a straight posture, holding light weights (if allowed).*
2. *Lift Arms – Raise your arms overhead slowly, keeping elbows slightly bent.*
3. *Full Extension – Reach as high as comfortable without pain.*
4. *Lower Slowly – Bring arms back to the starting position in a controlled motion.*

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Exercise	Procedure & Directions	Reps	Set	Rest	Per Day
Medicine Ball Wall Drills	<i>Stability exercises for shoulder control</i>	<i>15 reps</i>	<i>2-3 sets</i>	<i>30 sec</i>	<i>1-2x/day</i>

Steps:

1. *Start Position – Stand facing a wall, holding a light medicine ball.*
2. *Press Ball Against Wall – Keep arms extended at chest or shoulder height.*
3. *Perform Drills – Move the ball in small circles, up and down, or side to side.*
4. *Maintain Control – Keep movements smooth and controlled.*

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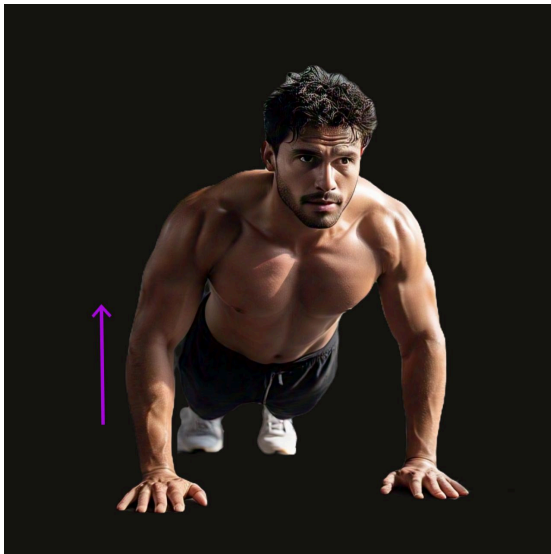
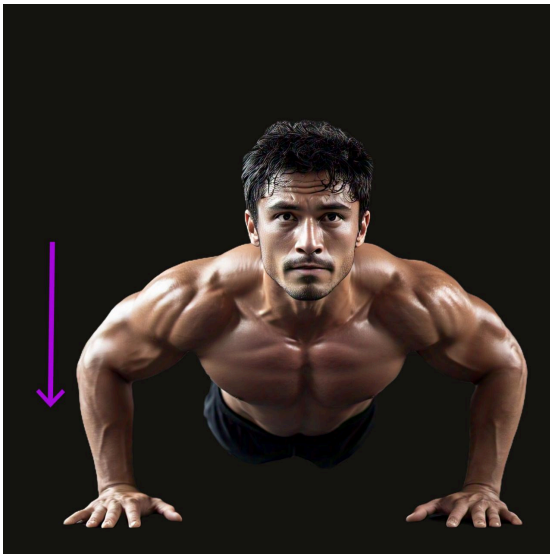


Exercise	Procedure & Directions	Reps	Set	Rest	Per Day
Push-ups	<i>Start modified, progress to full range</i>	<i>10 reps</i>	<i>2-3 sets</i>	<i>30 sec</i>	<i>1-2x/day</i>

Steps:

1. *Start Position – Get into a high plank with hands shoulder-width apart.*
2. *Lower Slowly – Bend elbows, bringing your chest toward the floor.*
3. *Keep Core Engaged – Maintain a straight line from head to heels.*
4. *Push Back Up – Extend arms to return to the starting position.*

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Exercise	Procedure & Directions	Reps	Set	Rest	Per Day
Serratus Anterior Punch	<i>stabilizing the scapula and improving shoulder function</i>	<i>10 reps</i>	<i>2-3 sets</i>	<i>30 sec</i>	<i>1-2x/day</i>

Steps:

1. *Engage Core – Tighten your abdominal muscles and keep your back neutral.*
2. *Perform an uppercut – While keeping your elbow bent, perform an uppercut, bringing your hand up to eyebrow height, feeling your shoulder blade slide around your torso. Concentrate on feeling pressure just below your arm pit.*
3. *Hold the Position – Maintain the fully extended position for about 2-3 seconds.*
4. *Return to Start – Slowly bring your shoulder blades back to the starting position without bending the adjusting your elbow.*

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