

Rehabilitation of scapular fracture with combination of traditional PT and Pilates

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Background: Pilates is becoming more popular for general exercise. There are few studies regarding the effectiveness of Pilates in rehabilitation settings. As physical therapists, we assist in recovery from complex injuries on a daily basis. If effective, the use of Pilates may help in transitioning patients to a continued home program and lifelong exercise.

Purpose: Increase interest in our group, especially the researchers, in the efficacy of Pilates intervention for upper extremity (UE) patients.

Case Description: CB is a 37 y/o female physical therapist who sustained a non-displaced intra-articular glenoid and comminuted scapular body fracture in a 40 mile per hour downhill bike accident. Secondary diagnoses: LBP and MP/UCL tear. Both conventional and Stott Pilates based rehabilitation principles and techniques were applied.

Outcome: Patient had excellent success with return to work, high level cycling, and swimming after a significant scapular injury.

Conclusion: Pilates may be helpful in recovery of UE injury and could be useful as an effective addition to our 'traditional' physical therapy treatment.