

Rationale, Evidence, and Progression of a Motor Learning Style of Rehabilitation to Correct Scapula Dyskinesia.

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Background: Scapula dyskinesia is a common and challenging condition to efficiently treat. Faulty motor programs have been discussed as one possible cause of scapula dyskinesia, however many scapula rehabilitation programs do not appear to emphasize motor learning to correct scapula dyskinesia during forward elevation movements.

Purpose: Discuss the rationale, evidence, and a clinical progression that emphasizes motor learning to correct scapula dyskinesia during active forward elevation.

Description: This presentation will discuss the biomechanical rationale and electromyographic data to support an easy to follow clinical exercise progression that emphasizes motor learning to correct scapula dyskinesia during active forward elevation. A progression from gravity minimized elevation exercises to assistive elevation exercises to unsupported elevation exercises will be described. Patient videos will be shown to demonstrate how scapula mechanics can be positively affected in a short period of time.

Summary of Use: This clinical exercise progression may be helpful in correcting scapula dyskinesia that occurs with active elevation of the arm.

Importance: Scapula dyskinesia is a common and complex problem. This system of rehabilitation that has not been previously described in the literature emphasizes correcting one possible cause of scapula dyskinesia.