

Scapular mobilization is a critical component in the rehabilitation of shoulder injuries and dysfunctions. Proper scapular mechanics are essential for optimal shoulder function, stability, and alignment. Scapular elevation and upward rotation issues, particularly in cases

comprehensive approach to improving scapular mechanics and muscle function, supporting better overall shoulder stability.

Conduct a thorough assessment of scapular mechanics, movement patterns, and associated symptoms. Set specific goals for scapular mobilization based on the patient's needs and rehabilitation objectives.

Incorporate scapular mobilization techniques into a broader rehabilitation program that includes strengthening exercises, range-of-motion exercises, and functional training [6].

Educate patients on the importance of scapular mechanics and the role of mobilization techniques in their rehabilitation. Provide guidance on self-mobilization techniques and exercises to support ongoing improvement.

Regularly monitor the patient's progress and adjust the mobilization techniques and exercise program as needed. Progress the program based on improvements in scapular mechanics, shoulder function, and overall outcomes.

Scapular mobilization techniques are essential tools for physiotherapists and rehabilitation specialists in managing shoulder injuries and dysfunctions. By improving scapular movement, alignment, and control, these techniques support better shoulder function, reduce pain, and enhance overall stability. Integrating scapular mobilization into a comprehensive rehabilitation program can lead to improved patient outcomes and long-term shoulder health.

None

None

**References**

- 1.