**Winging of scapula**

Causes of it :

* weak muscle that is supposed to stabilize your shoulder blade.
* A direct injury of the muscle or the nerves around the shoulder blade .
* blunt trauma is the most common cause of winged scapula.
* It may also be caused by repetitive shoulder motion.

some non-traumatic injuries that can cause winged scapula. These include, but are not limited to:

1. Viral illnesses
2. Allergic reactions
3. Toxin exposure
4. Pre-existing medical conditions.

Symptoms :

* Pain
* Weakness and fatigue
* Deformity of the shoulder
* Muscle spasms
* Instability of the shoulder
* Limited range of motion

Treatment:

There are several types of surgical and non-surgical winged scapula treatment. While most winged scapula cases can be treated with non-surgical methods, severe cases may require surgical intervention.

* Non-Surgical Treatment:

1. Physical therapy
2. Anti-inflammatories to help manage pain
3. Immobilization with a brace or sling

https://youtu.be/CDPfnfau10Y

https://youtu.be/rseoXkfnfYA

https://youtu.be/Xp8xx1ruDug

https://youtu.be/NIW4PqHxymo