

# PHYSICAL THERAPY PRESCRIPTION



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PATIENT STICKER

**DIAGNOSIS ( LEFT / RIGHT ) AC RECONSTRUCTION**

**DATE OF SURGERY** \_\_\_\_\_

## **SHOULDER SURGERY PHYSICAL THERAPY PRESCRIPTION**

### **PHASE I (0-4 WEEKS POST-OP) :**

- \_\_\_ Immobilization for 4-6 weeks
- \_\_\_ Elbow Active/Active-Assisted ROM : Flexion and Extension
- \_\_\_ Limit ER to 30, Passive FE in Scapular plane to 90 degrees only
- \_\_\_ Deltoid isometrics
- \_\_\_ Hand, Wrist, Gripping exercises
- \_\_\_ Modalities, Cryocuff / Ice, prn

### **PHASE II (4-6 WEEKS POST-OP) :**

- \_\_\_ At 4-6 weeks Passive ROM : pulley for Flexion, Pendulum exercises, no limits, but gradual restoration of motion only.
- \_\_\_ Pool exercises: Active/Active-Assisted ROM Flexion, Extension, Horizontal ADD, Elbow Flexion and Extension
- \_\_\_ Deltoid isometrics
- \_\_\_ Lightly resisted Elbow Flexion
- \_\_\_ Continue with Wrist exercises
- \_\_\_ Modalities as needed
- \_\_\_ Discontinue sling @ 4-6 weeks

### **PHASE III (6-12 WEEKS POST-OP) :**

- \_\_\_ At 6-10 weeks, gradual Active/Active-Assisted/Passive ROM to improve ER with arm at side
- \_\_\_ Progress Flexion to 160 degrees

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## PHASE III CONTINUED

- \_\_\_ At 10-12 weeks, gradual Active/Active-Assisted/Passive ROM to restore full ROM
- \_\_\_ Pool exercises: Active ROM in all directions below Horizontal, light resisted motions in all planes
- \_\_\_ AROM activities to restore Flexion, IR Horizontal ADD
- \_\_\_ Deltoid, Rotator Cuff isometrics progressing to isotonic
- \_\_\_ PRE's for Scapular muscles, Latissimus, Biceps, and Triceps
- \_\_\_ PRE's working Rotators in isolation (use modified neutral)
- \_\_\_ Joint mobilization (posterior glides)
- \_\_\_ Emphasize posterior cuff, Latissimus, and Scapular muscle strengthening, stressing eccentrics
- \_\_\_ Utilize exercise arcs that protect anterior capsule from stress during PRE's
- \_\_\_ KEEP ALL STRENGTH EXERCISES BELOW THE HORIZONTAL PLANE IN THIS PHASE

## PHASE IV (12-16 WEEKS POST-OP) :

- \_\_\_ Active ROM activities to restore full ROM
- \_\_\_ Restore scapulohumeral rhythm
- \_\_\_ Joint mobilization
- \_\_\_ Aggressive scapular stabilization and eccentric strengthening program
- \_\_\_ PRE's for all upper quarter musculature (begin to integrate upper extremity patterns)
  - Continue to emphasize eccentrics and glenohumeral stabilization
  - All PRE's are below the horizontal plane for non-throwers
- \_\_\_ Begin isokinetics
- \_\_\_ Begin muscle endurance activities (UBE)
- \_\_\_ Continue with agility exercises
- \_\_\_ Advanced functional exercises
- \_\_\_ Isokinetic test
- \_\_\_ Functional test assessment
- \_\_\_ Full return to sporting activities when strength and motion are 90-95% normal.

## ADDITIONAL INFORMATION / INSTRUCTIONS:

Treatment: \_\_\_\_\_ times per week    Duration: \_\_\_\_\_ weeks

Physician's Signature: \_\_\_\_\_

Joel Weber, MD Orthopaedic Surgeon