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Patient Sticker Here

Date

Diagnosis:

PHYSICAL THERAPY PRESCRIPTION:

NO ACTIVE shoulder ROM against gravity until 6 weeks after surgery

1-2 WEEKS POST-OP:

- * Passive supine elevation using the opposite hand. Passive ER to neutral.
- * Modalities, cryocuff, prn
- * Hand, wrist, elbow, PRE's

2-3 WEEKS POST-OP:

- * Continue pendulums, passive supine elevation, passive ER
- * Pulley exercises for flexion, as tolerated. Use cane for ER; towel to increase IR.
- * Begin scapular strengthening program, in protective range
- * Deltoid isometrics

3-5 WEEKS POST-OP:

- * Joint mobilization & PROM as necessary (passive supine elevation, passive ER)
- * Deltoid isometrics
- * Modalities as needed
- * Begin submaximal IR / ER isometric exercises in neutral, arm at side (week 5)
- * Continue scapular strengthening

5-7 WEEKS POST-OP:

- * ROM activities, emphasize flexion. Gentle passive stretch to 120° forward flexion
- * Deltoid isotonic in plane of scapula, only after positive rotator cuff strength is determined (especially forward flexion)
- * Continue with scapular PRE's. Begin biceps PRE's.
- * Continue with modalities, prn.

7-11 WEEKS POST-OP:

- * Progress Rotator cuff isotonic
- * Restore full ROM by 12 weeks
- * Continue with aggressive scapular exercises
- * Upper extremity PRE's for large muscle groups, i.e. pects, lats, etc. at 12 weeks.
- * Begin isokinetic program, IR / ER emphasize eccentrics
- * Continue with flexibility activities

11-16 WEEKS POST-OP:

- * Aggressive upper extremity PRE's
- * IR / ER isokinetics, velocity spectrum
- * Begin plyometric program for overhead athletes
- * Continue with throwing and racquet program if appropriate
- * Posterior capsule stretching after warm-ups
- * Progress PRE's from side for overhead athletes

ADDITIONAL INFORMATION / INSTRUCTIONS:

Please send progress notes.

Physician's Signature: _____

Seth C. Gamradt, M.D.