



PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

DIAGNOSIS (LEFT / RIGHT) ARTHROSCOPIC ASSISTED 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 isotonics
- 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: _____

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC