



## PHYSICAL THERAPY PRESCRIPTION

### SETH C. GAMRADT, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE  
Keck School of Medicine of USC  
1520 San Pablo Street, Suite 2000  
Los Angeles, CA 90033  
Phone: 323.442.5860  
Fax: 323.442.6952  
[www.gamradtortho.com](http://www.gamradtortho.com)

Keck School of  
Medicine of USC

PATIENT STICKER

DIAGNOSIS ( LEFT / RIGHT ) OPEN ANTERIOR SHOULDER STABILIZATION AND/OR LATARJET CORACOID TRANSFER

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

### SHOULDER SURGERY PHYSICAL THERAPY PRESCRIPTION

#### RECOVERY / RECUPERATION PHASE (0---6 WEEKS POST---OP) :

- Immobilization for 4---6 weeks EXCEPT for exercises  PROM with pulleys / cane for Flexion @ 3 weeks  NO ACTIVE IR
- PROTECT ANTERIOR CAPSULE FROM STRETCH --- Limit ER to neutral
- POSTERIOR CAPSULE STRETCHING WHEN WARM
- Hand, Wrist, Grip strengthening
- Modalities, Cryocuff / Ice, prn

#### 6 --- 12 WEEKS POST---OP :

- Active/Active---Assisted Elevation, ER/IR. Use good arm to help operated arm  At 6---8 weeks: ER to 30 degrees with arm at side  At 8---10 weeks: ER to 45 degrees with arm at side
- At 10---12 weeks: ER to 45 degrees with arm in 45 degrees ABD
- Begin Deltoid and Rotator cuff Isometrics @ 6 weeks. Progress to Isotonics  Theraband for ER exercises
- Continue with Scapula strengthening, increase arc motion  Continue with wrist / forearm strengthening
- Continue with POSTERIOR CAPSULE STRETCHING WHEN WARM  Keep all strengthening exercises below horizontal
- NO PASSIVE STRETCHING. PROTECT ANTERIOR CAPSULE  Modalities as needed
- Discontinue sling @ 4---6 weeks

**LIMITED RETURN TO SPORT PHASE (12 --- 20 WEEKS POST---OP) :**

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\_\_\_ Active ROM activities to restore full ROM. Restore Scapulo---Humeral rhythm \_\_\_ Continue Posterior Capsule stretching \_\_\_ Continue muscle endurance activities

\_\_\_ Progress from modified neutral into ABD for cuff PRE's

\_\_\_ Aggressive Scapula strengthening and eccentric strengthening program \_\_\_ Begin Plyometric training for overhead athletes \_\_\_ Begin Isokinetics for Rotator cuff

\_\_\_ At 16 weeks: begin sport specific activities: gentle throwing, golf swing, forehand/backhand \_\_\_ Limited return to sports @ 18---20 weeks.

### ADDITIONAL INFORMATION / INSTRUCTIONS:

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

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

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