

PHYSICAL THERAPY PRESCRIPTION

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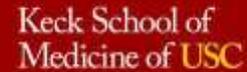
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PATIENT STICKER

Diagnosis: (LEFT / RIGHT) SHOULDER ACUTE ANTERIOR DISLOCATION—PROGRESS AS TOLERATED THROUGH PHASES
 Date of Dislocation _____

ANTERIOR INSTABILITY REHAB FRAMEWORK/SHOULDER PHYSICAL THERAPY PRESCRIPTION

PHASE I : ___ Immobilization for 3---6 weeks if initial episode
 ___ Elbow Active/Active---Assisted ROM : Flexion and Extension
 ___ Hand, Wrist, Gripping exercises
 ___ Modalities, Cryocuff / Ice, prn

PHASE II : ___ Active---Assisted/Passive ROM to improve Forward Flexion (pulley exercises, wand exercises, pool)
 ___ Pendulum exercises
 ___ Deltoid, Rotator cuff isometrics in plane of Scapula
 ___ PRE's for Scapular muscles, Latissimus, Biceps, Triceps
 ___ Joint mobilization (posterior glides)

PHASE III : ___ Active ROM to restore full ROM below Horizontal
 ___ Restore Scapulohumeral rhythm
 ___ Joint mobilization
 ___ Scapular stabilization avoiding Anterior Capsule stress
 ___ IR and limited arc ER below the horizontal plane
 ___ Begin limited arc isotonic deltoid exercises in theplane of the scapula

PHASE IV : ___ Restore full ROM in all planes
 ___ Progress PRE's for cuff and scapular muscles, protectingcapsule
 ___ Emphasize Scapular stabilization and eccentric strengthening program
 ___ Begin endurance activities (UBE)

PHASE V : ___ Eliminate strength deficits and maintain flexibility
 ___ Isokinetics in modified neutral / plane of Scapula ___
 Begin plyometric training program for throwers ___
 Advanced proprioceptive training program
 ___ Continue with endurance activities

PHASE VI : ___ Isokinetic test
 ___ Begin throwing / racquet program
 ___ Return to full activity

Treatment: _____ times per week **Duration:** _____ weeks

Physician's Signature: _____

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

