

PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

**DIAGNOSIS (LEFT / RIGHT) ARTHROSCOPIC LABRAL REPAIR (ANTERIOR – POSTERIOR – SLAP)
AND/OR SHOULDER STABILIZATION (ANTERIOR – POSTERIOR)**

DATE OF SURGERY _____

ARTHROSCOPIC 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
- Protect Anterior Capsule from stretch. Limit ER to neutral, 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
- 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 (limit to 30 degrees ER)
- ___ Progress Flexion to 160 degrees

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PHASE III CONTINUED

At 10---12 weeks, gradual Active/Active---Assisted/Passive ROM to improve ER with arm in 45 degrees ABD

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: _____

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