## PHYSICAL THERAPY PRESCRIPTION

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**ORTHOPAEDIC SURGERY AND SPORTS MEDICINE UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY** 310.319.1234 APPT



(limit to 30 degrees ER) \_\_ Progress Flexion to 160 degrees

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PATIENT STICKER

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

## **PHYSICAL THERAPY PRESCRIPTION**

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 rhythym 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.	PHASE III CONTINUE	<u>:D</u>	
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Treatment: times per week	Treatment: times	s per week Duration: weeks	
	Physician's Signature:		
Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, UCLA		ending Orthopaedic Surgeon, UCLA	