

Keck Medicine of USC

FRANK A. PETRIGLIANO, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE
USC DEPARTMENT OF ORTHOPAEDIC SURGERY
323.442.5288 OFFICE
323.865.5480 FAX



DATE OF SURGERY: _____

DIAGNOSIS: (LEFT / RIGHT) AC JOINT/DISTAL CLAVICLE RECONSTRUCTION

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

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: 2 times per week Duration: 6 weeks



Physician's Signature:

Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, USC