

## PHYSICAL THERAPY PRESCRIPTION

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Keck Medicine  
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PATIENT STICKER

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

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

### 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):

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

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

- Continue muscle endurance activities

## PHYSICAL THERAPY PRESCRIPTION

- 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: \_\_\_\_\_  
Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, USC