

## PHYSICAL THERAPY PRESCRIPTION

**FRANK A. PETRIGLIANO, MD**

CHIEF – DIVISION OF SPORTS MEDICINE  
HEAD TEAM PHYSICIAN – LA KINGS  
ORTHOPAEDIC SURGERY AND SPORTS MEDICINE  
USC DEPARTMENT OF ORTHOPAEDIC SURGERY  
323.442.5822 OFFICE  
323.865.5480 FAX



Keck Medicine  
of USC

PATIENT STICKER

**DATE:** \_\_\_\_\_

**DIAGNOSIS:** (LEFT/RIGHT) Impingement Syndrome Shoulder / Rotator Cuff Tendonitis

### SHOULDER PHYSICAL THERAPY PRESCRIPTION

- \_\_\_ Range of Motion (Increase IR) Active / Active-Assisted / Passive
- \_\_\_ Rotator Cuff and Scapular stabilization program exercises, begin below horizontal
- \_\_\_ Progress to 45 / 90 as tolerated in pain free arc
- \_\_\_ Begin with Isometrics for Rotator Cuff
  - Progress to Theraband, then to Isotonics
  - Limit ER to neutral if (+) Biceps Tendonitis
- \_\_\_ Progress to Deltoid, Lats, Triceps, and Biceps
  - Progress scapular stabilizers to Isotonics below horizontal
- \_\_\_ Posterior Capsule stretching after warm-up
- \_\_\_ Return to Sport Phase:
  - Emphasize eccentric Rotator Cuff and scapula stabilization exercises
  - Sport specific strengthening with Theraband
  - Plyometric program for overhead athletes
- \_\_\_ Modalities prn

**Treatment:** \_\_\_\_\_ times per week      \_\_\_ Home Program

**Duration:** \_\_\_\_\_ weeks

**Physician's Signature:** \_\_\_\_\_

**Frank Petrigliano, MD, Attending Orthopaedic Surgeon, USC**