

# PHYSICAL THERAPY PRESCRIPTION

## SETH C. GAMRADT, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

Keck School of Medicine of USC

1520 San Pablo Street, Suite 2000

Los Angeles, CA 90033

Phone: 323.442.5860

Fax: 323.442.6952

[www.gamradtortho.com](http://www.gamradtortho.com)

Keck School of  
Medicine of USC

PATIENT STICKER

**DIAGNOSIS ( LEFT / RIGHT ) ARTHROSCOPIC ASSISTED AC RECONSTRUCTION**

**DATE OF SURGERY** \_\_\_\_\_

### 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

# PHYSICAL THERAPY PRESCRIPTION

## 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: \_\_\_\_\_ times per week    Duration: \_\_\_\_\_ weeks

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

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC