

PHYSICAL THERAPY PRESCRIPTION

DIAGNOSIS:(RIGHT/ LEFT)

DATE_____

SWIMMER'S SHOULDER PHYSICAL THERAPY PRESCRIPTION

Underlying problem includes: Weakness/ fatigue of scapular stabilizers (especially retractors)
Inflexibility of pectoral muscles
Anterior capsular laxity
Posterior capsular/ Rotator cuff tightness
Posterior Rotator cuff weakness

RX:

- Development of core strength: lumbar stabilization, abdominals, pelvic girdle
- Avoid/correct excessive anterior pelvic tilt/ lumbar lordosis
- Initial phase (Acute pain) :
Modalities as needed – Phonophoresis/ Iontophoresis/ Soft Tissue Mobilization/
E-Stim Cyrotherapy/ Ultrasound
Submaximal isometrics
Progress to isotonic exercises
- Endurance training for scapular stabilizers: focus on Serratus Anterior, Rhomboids,
Lower Trapezius, and Subscapularis:

Push-ups with a plus
Scapular elevation (scaption)
Rows
Press-ups
Upper body ergometry for endurance training
Prone lying horizontal flys
Side-lying external rotation, prone rowing into external rotation
Push-ups onto a ball
- Proprioceptive Neuromuscular Facilitation (PNF) patterns to facilitate
Agonist/ antagonist muscle co-contractions
- Rotator cuff (external rotation) strengthening: goal is ER: IR ratio at least 65%
- Stretching of pectoral muscles, posterior capsule, posterior rotator cuff, latissimus.
- Generally do not need to stretch anterior shoulder

Treatment: _____ times per week Duration _____ Weeks _____ Home Program

**Please send progress notes.

Physician's

Signature: _____

Stephan J. Sweet, M.D., M.P.H.