

**STEPHAN J. SWEET, M.D., M.P.H.**

A Professional Corporation  
Sports Medicine, Arthroscopy, & General Orthopedic Surgery

**DIAGNOSIS ( LEFT / RIGHT ) ARTHROSCOPIC ACRIOMIOPLASTY AND/OR AC JOINT RESECTION**  
**DATE OF SURGERY** \_\_\_\_\_

**ARTHROSCOPIC SHOULDER SURGERY PHYSICAL THERAPY PRESCRIPTION**

**RECOVERY / RECUPERATION PHASE: WEEKS 0-4**

- \_\_\_ Restore full ROM
- \_\_\_ Modalities, Cryocuff / Ice, prn
- \_\_\_ Grip strengthening
- \_\_\_ Codman's / Pendulum exercises – i.e. pulleys, cane, etc.
- \_\_\_ Biceps, Triceps Isotonics. Deltoid Isotonics in plane of Scapula (week #3)
- \_\_\_ Isometrics: Deltoid
  - IR / ER below horizontal
- \_\_\_ Joint mobilization
- \_\_\_ POSTERIOR CAPSULE STRETCH WHEN WARM
- \_\_\_ Cardiovascular training as tolerated

**WEEKS 4-10**

- \_\_\_ Continue with upper extremity PRE's
- \_\_\_ Continue with Scapular stabilization / strengthening exercises
- \_\_\_ Begin IR / ER Isotonic exercises below horizontal, emphasize Eccentrics
- \_\_\_ Begin IR / ER Isokinetics week #6
- \_\_\_ Begin Biceps PRE's
- \_\_\_ Continue with flexibility activities
- \_\_\_ Begin functional activities week #6
- \_\_\_ Begin plyometrics, limited PRE & speed

**RETURN TO SPORT PHASE (POST WEEK 10)**

- \_\_\_ IR / ER Isokinetics
- \_\_\_ Trunk exercises for sport specific activities (i.e. tennis, golf, skiing, etc)
- \_\_\_ Aggressive upper extremity PRE's
- \_\_\_ Continue plyometrics
- \_\_\_ Progress PRE's from side for overhead athletes
- \_\_\_ Return to limited sports \_\_\_\_\_ full activities \_\_\_\_\_

**Treatment:** \_\_\_\_\_ **times per week**    **Duration:** \_\_\_\_\_ **weeks**

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