

## **PHYSICAL THERAPY PRESCRIPTION**

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

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

### **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 Continue muscle endurance activities
- 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.

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Sports Medicine, Arthroscopy, & General Orthopedic Surgery

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**ADDITIONAL INFORMATION / INSTRUCTIONS:**

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

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