

# Physical Therapy Prescription

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## Arthroscopic Shoulder Stabilization Protocol

Surgical Date:

Side:  Right       Left

Phase	Goals	Precautions	Exercises
<b>Phase 1:</b> <b>Weeks 0 - 2</b>	Edema and pain control Protect Repair	Sling at all times including sleep OK to remove for showers and exercises	Elbow, wrist, hand ROM Deltoid isometrics External Rotation to neutral at side Codman and Pendulum
<b>Phase 2:</b> <b>Weeks 2- 6</b>	Protect repair Restore ROM  ADL's below 90	Sling except shower & exercises  No ER >30° until 6 weeks avoid anterior capsular stretch	Scapular stabilization Joint mobilizations Scapular stabilization Deltoid, biceps, triceps isometrics Gentle ER : 0 abduction → max 30 90 abduction → max 30
<b>Phase 3:</b> <b>Weeks 7- 12</b>	ROM Restore Strength	DC sling Avoid painful aDLs Avoid excessive stretching Protect anterior capsule	Advance rotator cuff/ scapular stabilization Progress AA/PROM to FF 155°, ABD 135°, ER 45°, ABER 90°, ABIR 45°q AROM in plane of scapula (supine → standing) Begin ER & IR isometrics
<b>Phase 4:</b> <b>Weeks 12 - 18</b>	Full ROM Normalize scapulohumeral rhythm throughout ROM	Avoid painful ADL's Avoid rotator cuff inflammation Avoid excessive passive stretching	A/AA/PROM no limits Continue scapular stabilization Advance scapulohumeral rhythm Endurance: upper body ergometer (UBE) Begin resistive strengthening for

	Restore strength 5/5	OK to begin running/cycling No contact sports	scapula, biceps, triceps, and rotator cuff
<b>Phase 5: Weeks 18+</b>	Full ROM and strength Improve endurance Prevent re-injury	Avoid painful activities Return to sport (MD directed)	Advance eccentric training Initiate plyometrics Advance endurance training Sport specific activities

Treatment:  1-2  2-3 times per week for \_\_\_\_ weeks.  Home Program

Modalities PRN (Ultrasound/ Phonophoresis/E-stim/Ice/Heat)

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

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