

## Xinning Li, M.D.

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Patient Name:

Date:

Date of surgery:

Visit per week: 2 to 3 times

### PHYSICAL THERAPY PRESCRIPTION:

#### SHOULDER ARTHROSCOPY WITH CAPSULAR RELEASE

##### WEEKS 1 – 6 (No SLING and only for comfort)

- Anti-Inflammatory Modalities (Ice) – as needed
- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
- Codman's, pendulums, pulleys, cane assisted ROM
- INSTRUCT HOME PROGRAM – TO BE DONE DAILY AT HOME (3X/DAY).
- Biceps / triceps isotonic / Elbow & Wrist motion exercises
- Scapular stabilization exercises
- Cardiovascular training as tolerated (Running, bike, etc.)
- Anterior and Posterior capsular stretch after warm-up
- Recommend 5 visits during the first 2 week postoperatively; then 3x per week
- Special: \_\_\_\_\_

##### WEEKS 6- 12

- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
- Continue upper extremity PREs
- Continue scapular stabilization / strengthening exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's
- Continue with shoulder and neck flexibility exercises
- Modalities PRN
- Functional activities begin week 6 (ADLs, Sports)
- Plyometrics per PT.

Signature: \_\_\_\_\_

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