



Xinning Li, M.D.



EXCEPTIONAL CARE. WITHOUT EXCEPTION.

**Assistant Professor
Sports Medicine and Shoulder Surgery
Boston University School of Medicine – Boston Medical Center
Boston University Athletics – Team Physician
725 Albany Street – 4th Floor
Boston, MA 02118
(617) 638-5633 (Telephone – Shapiro Office)
(617) 638-3400 (Telephone – Ryan Center)
(617) 414-5226 (Fax)
www.xinningli.com**

PHYSICAL THERAPY PRESCRIPTION:

SHOULDER ARTHROSCOPY WITH ANTERIOR INSTABILITY REPAIR

Patient Name:

Date:

Date of surgery:

Visit per week:

Weeks 1-4: Phase I

Sling Immobilizer: At all times (with waist strap) when not doing exercises

Exercises:

Passive external rotation (ER) and extension to neutral
Elbow/wrist active range of motion
Scapular isometrics
Pain-free submaximal deltoid isometrics
Modalities as needed

Advancement Criteria: ER to neutral, minimal pain or inflammation

Weeks 4-7: Phase II

Sling Immobilizer: At all times (with waist strap) when not exercises

Exercises:

Active Assisted FF in scapular plane to 120: wand exercises, no pulleys
Active Assisted ER to 20 degrees: wand exercises
Manual scapula side-lying exercises
Internal/ external rotation isometrics in modified neutral (submaximal, pain-free)
Modalities as needed

Advancement Criteria: Minimal pain and inflammation

ER to 20/ FF to 120
IR/ ER strength 4/5

Weeks 7-12: Phase III

Sling Immobilizer: At all times (with waist strap) when not exercises, may d/c at week 8

Exercises:

- Active assisted FF in scapular plane to tolerance
- Active assisted ER to tolerance (go SLOW with ER)
- Begin active assisted ROM for internal rotation
- Progress scapular strengthening – include closed chain exercises
- Begin isotonic IR/ER strengthening in modified neutral (pain free)
- Begin latissimus strengthening (progress as tolerated)
- Begin humeral head stabilization exercises (if adequate strength and ROM)
- Begin upper extremity flexibility exercises
- Isokinetic training and testing
- Modalities as needed

Advancement Criteria: Normal scapulohumeral rhythm
Minimal pain and inflammation
IR/ER strength 5/5
Full upper extremity ROM
Isokinetic IR strength 85% of unaffected side

Weeks 12-18: Phase IV

Exercises:

- Progress to full functional ROM
- Advance IR/ER strengthening to 90/90 position if required
- Continue full upper extremity strengthening program
- Continue upper extremity flexibility exercises
- Isokinetic strengthening and testing
- Activity-specific plyometrics program
- Address trunk and lower extremity demands
- Begin sport or activity-related program

Discharge Criteria: Pain-free sport or activity-specific program
Isokinetic IR/ER strength equal to unaffected side
Independent home exercise program

Signature: _____

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