



Xinning Li, M.D.



**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**

Patient Name:

Date:

Diagnosis: s/p LEFT or RIGHT ANTERIOR SHOULDER INSTABILITY

ANTERIOR INSTABILITY REHAB FRAMEWORK / PHYSICAL THERAPY PRESCRIPTION

PHASE I : ___ Sling prn if initial episode, Gradual remobilization
___ Elbow Active/Active-Assisted ROM : Flexion and Extension
___ Hand, Wrist, Gripping exercises
___ Modalities, Cryocuff / Ice, prn

PHASE II : ___ Active-Assisted/Passive ROM to improve Forward Flexion in Scapula plane
(pulley exercises, wand exercises, pool)
___ Pendulum exercises
___ Deltoid, Rotator cuff isometrics in plane of Scapula
___ PRE's for Scapular muscles, Latissimus, Biceps, Triceps
___ Joint mobilization (posterior glides)

PHASE III : ___ Active ROM to restore full ROM below Horizontal
___ Restore Scapulohumeral rhythm
___ Joint mobilization
___ Scapular stabilization avoiding Anterior Capsule stress
___ IR and limited arc ER below the horizontal plane
___ Begin limited arc isotonic deltoid exercises in the plane of the scapula

PHASE IV : ___ Restore full ROM in all planes
___ Progress PRE's for cuff and scapular muscles, protecting capsule
___ Emphasize rhythmic Scapular stabilization and eccentric strengthening program
___ Begin endurance activities (UBE)

- PHASE V :** ___ Eliminate strength deficits and maintain flexibility
___ Isokinetics in modified neutral / plane of Scapula
___ Begin plyometric training program for throwers
___ Advanced proprioceptive training program
___ Continue with endurance activities

- PHASE VI :** ___ Isokinetic test
___ Begin throwing / racquet program
___ Return to full activity

ADDITIONAL INFORMATION / INSTRUCTIONS:

** Please send progress notes.

Physician's Signature: _____

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