



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**

Patient Name:

Date:

Date of surgery:

Visit per week:

PHYSICAL THERAPY PRESCRIPTION:

SHOULDER ARTHROSCOPY WITH CAPSULAR RELEASE

WEEKS 1 - 6

- 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: _____

**Xinning Li, M.D.
Assistant Professor
Boston University School of Medicine**