



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)**

PHYSICAL THERAPY PRESCRIPTION

SHOULDER ARTHROSCOPY WITH POSTERIOR INSTABILITY REPAIR

Patient Name:

Date:

Date of surgery:

Visit per week:

Weeks 2-6: Phase I

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

Exercises: AROM elbow/wrist
PROM ER to 30
Gripping exercises
Scapular isometrics
Pain-free, submaximal deltoid isometrics (start at week 4)
Protect posterior capsule from stretch
Limit IR and horizontal adduction to neutral
Modalities as needed

Advancement Criteria: ER to 30deg
Minimal pain and inflammation

Weeks 6-8: Phase II

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

Exercises: Active Assisted FF in scapular plane to 90: wand exercises
Active Assisted ER to 45 degrees: wand exercises
Limit IR and horizontal adduction to neutral
Pain-free, submaximal deltoid and IR/ER isometrics
Manual scapula side-lying exercises
Modalities as needed

Advancement Criteria: Minimal pain and inflammation
ER to 45/ FF to 120
IR/ ER strength 4/5

Weeks 8-12: Phase III - Motion Phase

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

Exercises: Active assisted FF in scapular plane to 160
Begin active FF in scapular plane if RTC and scapular strength adequate
Active assisted ER to tolerance
Begin active assisted ROM for IR w/ arm in 45deg abduction
Scapular strengthening program, protecting posterior capsule
Begin latissimus strengthening
Deltoid and RTC isometrics, progressing to isotonic with emphasis on posterior cuff
-stress eccentrics
Begin humeral head stabilization exercises if strength adequate
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: Continue full upper extremity strengthening (emphasize eccentrics)
Progress to full functional ROM
Advance IR/ER strengthening to 90/90 position if required
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
Modalities as needed

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

Signature _____

Xinning Li, M.D.
Assistant Professor
Boston University School of Medicine
www.xinningli.com