

PHYSICAL THERAPY PRESCRIPTION

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DATE: _____

PATIENT NAME: _____

D.O.B: _____ MRN: _____

DIAGNOSIS: SHOULDER MULTIDIRECTIONAL INSTABILITY

Right Left Bilateral

Underlying problem includes: Weakness / fatigue of scapular stabilizers (especially retractors)
Inflexibility of pectoral muscles
Anterior capsular laxity
Posterior capsular/Rotator cuff tightness
Posterior Rotator cuff weakness

- Rx:
- Development of core strength: lumbar stabilization, abdominals, pelvic girdle
 - Avoid/correct excessive anterior pelvic tilt/lumbar lordosis
 - Initial phase (Acute pain):
 - Modalities as needed – Phonophoresis / Iontophoresis / Soft Tissue Mobilization / E-stim Cryotherapy / Ultrasound
 - Submaximal isometrics
 - Progress to isotonic exercises
 - Endurance training for scapular stabilizers - Serratus Anterior, Rhomboids, Lower Trapezius, and Subscapularis:
 - Push-ups with a plus
 - Scapular elevation (scaption)
 - Rows
 - Press-ups
 - Upper body ergometry for endurance training
 - Prone lying horizontal flys
 - Side-lying external rotation, prone rowing into external rotation
 - Push-ups onto a ball
 - Proprioceptive Neuromuscular Facilitation patterns to facilitate agonist / antagonist muscle co-contractions
 - Rotator cuff (external rotation) strengthening : goal is ER:IR ratio at least 65%
 - Stretching of pectoral muscles, posterior capsule, posterior rotator cuff, latissimus. Generally do not need to stretch anterior shoulder

Other: _____

Treatment: Eval and Treat or 1 2 3 times per week

Duration: 4 6 weeks

Home Program

**Please send progress notes.

Physician's Signature: _____

NPI #: 1164790507