

PHYSICAL THERAPY PRESCRIPTION

Jeffrey Wong, MD

SCOS Orthopedic Specialists
18785 Brookhurst Street, Ste 100
Fountain Valley, CA 92708
(714) 500-5056 Phone
(949) 900-2116 Fax

DATE: _____

PATIENT NAME: _____

D.O.B: _____ **MRN:** _____

DIAGNOSIS: AC JOINT DISLOCATION

Right Left Bilateral

SURGERY: AC JOINT RECONSTRUCTION

DATE OF SURGERY: _____

PHASE I – PROTECTED ACTIVITY (WEEKS 0-6)

Activity

- Sling for 6 weeks postop whenever standing
- Do not allow the shoulder to droop with the arm unsupported at the elbow
- Do not lift anything heavier than a cup of coffee

ROM

- No FF or abduction > 90 deg at any point during phase I
- At 2 weeks, begin pendulums and supine PROM – FF, ER
- At 4 weeks, begin supine AAROM FF and ER

Strengthening

- At 2 weeks, begin gentle isometrics for scapular stabilizers
- Prone horizontal abduction, rows, scaption, extension

PHASE II – INTERMEDIATE PHASE (WEEKS 7-12)

ROM

- At week 6, full supine and seated PROM / AAROM / AROM permitted
- Increase ROM in increments of 15 deg per week

Strengthening

- Continue scapular isometrics
- Introduce bands, no weights to improve strength in all planes
- Avoid shoulder press, bench press, pec fly's, pullovers until 12 weeks

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PHASE III – DYNAMIC STRENGTHENING (WEEKS 12 AND BEYOND)

Continue ROM exercises

Rotator cuff, scapular stabilizer strengthening with light weights – advance as tolerated

Resume pushups, pec fly's, bench press, pullovers at 16 weeks

Progressive throwing program as indicated

Gradual return to recreational activity when full ROM and strength have returned

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