

# 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:** SHOULDER DEGENERATIVE JOINT DISEASE

Right  Left  Bilateral

PROCEDURE: \_\_\_\_\_

DATE OF SURGERY: \_\_\_\_\_

## Phase I – Immediate Postop Period (0-3 weeks)

### Goals:

- Allow healing of soft tissue
- Maintain integrity of replaced joint
- Gradually increase passive range of motion (PROM) of shoulder; restore active range of motion (AROM) of Elbow/Wrist/Hand
- Diminish pain and inflammation
- Prevent muscular inhibition
- Independence of ADLs with modifications while maintaining the integrity of the replaced joint.

### Rehab:

- Immediate pendulum exercises
- Begin ROM exercises in *supine* position
  - Shoulder PROM – FF, ER < 30 deg, IR to chest.
  - Active ROM of elbow / wrist / hand allowed
  - Advance to active-assist shoulder flexion, abduction, gentle ER at 2 weeks
- Begin sub-maximal, pain free shoulder and scapular isometrics and pulleys
- Cryotherapy

### Precautions:

- Avoid passive ER > 30 degrees, as this could lead to failure of subscapularis repair
- Wear sling at all times for first 3 weeks
- When lying supine, should have a small pillow or towel roll behind elbow to avoid stretch on subscapularis repair
- Avoid active shoulder ROM

(continue on next page)

Criteria for progression to the next phase:

# PHYSICAL THERAPY PRESCRIPTION

Tolerates PROM program at least 90 degrees PROM flexion

At least 90 degrees PROM abduction.

At least 70 degrees PROM IR in plane of scapula

Be able to isometrically activate all shoulder, RC, and upper back musculature

## PHASE II – EARLY STRENGTHENING (WEEKS 3-6)

### Goals:

- Continue PROM progression/ gradually restore full passive ROM
- Gradually restore active motion
- Control pain and inflammation
- Allow continue healing of soft tissue
- Do not overstress healing tissue
- Re-establish dynamic shoulder stability

### Rehab:

- Continue ROM exercises
  - At week 3, continue PROM / AAROM in seated position, begin horizontal adduction
  - At week 4, add active FF, ER, abduction. Avoid active IR until 6 weeks.
- Continue isometric scapular strengthening program
- Begin isometric rotator cuff (supra, infra) strengthening

### Precautions:

- No heavy lifting of objects (no heavier than coffee cup)
- No supporting of body weight by hands and arms
- No sudden jerking motions
- Wean sling at 3 weeks but continue to wear sling at night for 6 weeks
- Use towel or pillow behind elbow while lying supine

### Criteria for progression to next phase:

- Tolerates P/AAROM, isometric program
- Has achieved at least 140 degrees PROM flexion
- Has achieved at least 120 degrees PROM abduction
- Has achieved at least 60+ degrees PROM ER in plane of scapula
- Has achieved at least 70 degrees PROM IR in plane of scapula
- Be able to actively elevate shoulder against gravity with good mechanics to 100 degrees

## Phase III – Moderate strengthening (week 6-12):

### Goals:

- Gradual restoration of shoulder strength, power, and endurance
- Optimize neuromuscular control
- Gradual return to functional activities with involved upper extremity

(continue on next page)

### Rehab:

- Increase active and passive FF, ER, abduction in the scapular plane

# PHYSICAL THERAPY PRESCRIPTION

- Initiate active IR, initiate gentle assisted IR behind back
- Progress rotator cuff and scapular strengthening program with bands and light weights
- Begin deltoid strengthening program

Criteria for progression to the next phase (IV):

- Tolerates AA/AROM
- Has achieved at least 140 degrees AROM flexion supine
- Has achieved at least 120 degrees AROM abduction supine.
- Has achieved at least 60+ degrees AROM ER in plane of scapula supine
- Has achieved at least 70 degrees AROM IR in plane of scapula supine
- Be able to actively elevate shoulder against gravity with good mechanics to least 120 degrees

Phase IV – Advanced strengthening (week 12 and beyond):

Goals:

- Maintain full non-painful active ROM
- Enhance functional use of UE
- Improve muscular strength, power, and endurance
- Gradual return to more advanced functional activities
- Progress closed chain exercises as appropriate

Rehab:

- Progressive rotator cuff, deltoid, scapular strengthening program
- Return to play/sport program as needed

Precautions:

- Avoid exercise and functional activities that put stress on the anterior capsule and surrounding structures (ex. no combined ER and abduction above 80 degrees of abduction)
- Ensure gradual progression of strengthening

Criteria for discharge from skilled therapy:

- Patient able to maintain full non-painful active ROM
- Maximized functional use of UE
- Patient has returned to more advanced functional activities

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