

Patient: _____ Date of Surgery: _____

Procedure: Right/Left Shoulder arthroscopy

Associated procedures:

Subacromial Decompression: avoid shoulder abduction x 6 weeks

Distal Clavicle Resection: Avoid cross-body adduction x 6 weeks

Week 0-1: No formal PT. Sling except for hygiene and pendulums if instructed. Home exercises of elbow and wrist ROM, grip strengthening and small pendulums.

Phase I (1-4 wks): *Begin formal PT (2-3x per week)*

Weight bearing: WBAT

Brace: None

Ice: Not directly on skin, recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

ROM: Advance PROM→AAROM→AROM as tolerated. Goal of full PROM by 4 weeks.

Exercises: None except grip strengthening.

Phase II (4-8 wks): *Advance motion*

Weight bearing: To tolerance

Brace: None

ROM: Light passive stretching at end ranges. Goal full AROM by 8 weeks.

Exercises: Begin periscapular, pec/lat/trapezius isometrics with arm below shoulder level. Begin light strengthening at 4-6 weeks at therapist discretion.

Phase III (8 wks-18 wks): *Progress with strength*

Weight bearing: Advance to tolerance.

ROM: No restriction

Exercises: Advance as tolerated to bands and to light weights (1-5 lbs) with 8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers. No more than 3x / week to avoid cuff tendinitis. Begin to eccentrically resisted motions. Advance at therapist discretion.

Sports/Work Release: MD to release when patient strength appropriate, likely 8-12 weeks.

Frequency: _____x/week x _____weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

Date: _____

Dax Varkey MD, MPH