#### Taylor R. Dunphy, MD [Newport Orthopedic Institute](https://www.newportortho.com/)

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

Newport Orthopedic Institute

949.722.7038 OFFICE

949.722.5038 FAX

CA License: A129372

**DIAGNOSIS ( LEFT / RIGHT ) AC RECONSTRUCTION with ALLOGRAFT**

**DATE OF SURGERY­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SHOULDER SURGERY PHYSICAL THERAPY PRESCRIPTION**

**PHASE I (0-4 WEEKS POST-OP) :**

* + Immobilization for 4-6 weeks
  + Elbow Active/Active-Assisted ROM : Flexion and Extension
  + Limit ER to 30, Passive FE in Scapular plane to 90 degrees only
  + Deltoid isometrics
  + Hand, Wrist, Gripping exercises
  + Modalities, Cryocuff / Ice, prn

**PHASE II (4-6 WEEKS POST-OP) :**

* + At 4-6 weeks Passive ROM : pulley for Flexion, Pendulum exercises, no limits, but gradual restoration of motion only.
  + Pool exercises: Active/Active-Assisted ROM Flexion, Extension, Horizontal ADD, Elbow Flexion and Extension
  + Deltoid isometrics
  + Lightly resisted Elbow Flexion
  + Continue with Wrist exercises
  + Modalities as needed
  + Discontinue sling @ 4-6 weeks

**PHASE III (6-12 WEEKS POST-OP) :**

* At 6-10 weeks, gradual Active/Active-Assisted/Passive ROM to improve ER with arm at side
* Progress Flexion to 160 degrees
  + At 10-12 weeks, gradual Active/Active-Assisted/Passive ROM to restore full ROM
  + Pool exercises: Active ROM in all directions below Horizontal, light resisted motions in all planes
  + AROM activities to restore Flexion, IR Horizontal ADD
  + Deltoid, Rotator Cuff isometrics progressing to isotonics
  + PRE’s for Scapular muscles, Latissimus, Biceps, and Triceps
  + PRE’s working Rotators in isolation (use modified neutral)
  + Joint mobilization (posterior glides)
  + Emphasize posterior cuff, Latissimus, and Scapular muscle strengthening, stressing eccentrics
  + Utilize exercise arcs that protect anterior capsule from stress during PRE’s
  + KEEP ALL STRENGTH EXERCISES BELOW THE HORIZONTAL PLANE IN THIS PHASE

**PHASE IV (12-16 WEEKS POST-OP) :**

* + Active ROM activities to restore full ROM
  + Restore scapulohumeral rhythm
  + Joint mobilization
  + Aggressive scapular stabilization and eccentric strengthening program
  + PRE’s for all upper quarter musculature (begin to integrate upper extremity patterns)

Continue to emphasize eccentrics and glenohumeral stabilization

All PRE’s are below the horizontal plane for non-throwers

* + Begin isokinetics
  + Begin muscle endurance activities (UBE)
  + Continue with agility exercises
  + Advanced functional exercises
  + Isokinetic test
  + Functional test assessment
  + Full return to sporting activities when strength and motion are 90-95% normal.

**Physician’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Taylor R. Dunphy, MD, Orthopaedic Surgeon, Newport Orthopedic Institute**