#### Taylor R. Dunphy, MD Newport Orthopedic Institute

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

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**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**