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

Orthopaedic Surgery and Sports Medicine

PATIENT NAME

Newport Orthopedic Institute

949.722.7038 OFFICE

949.722.5038 FAX

CA License: A129372

**DIAGNOSIS: ( LEFT / RIGHT ) ARTHROSCOPIC ACRIOMIOPLASTY AND/OR AC JOINT RESECTION**

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

**ARTHROSCOPIC SHOULDER SURGERY PHYSICAL THERAPY PRESCRIPTION**

**RECOVERY / RECUPERATION PHASE: WEEKS 0-4**

* + Restore full ROM
	+ Modalities, Cryocuff / Ice, prn
	+ Grip strengthening
	+ Codman’s / Pendulum exercises – i.e. pulleys, cane, etc.
	+ Biceps, Triceps Isotonics. Deltoid Isotonics in plane of Scapula (week #3)
	+ Isometrics: Deltoid, IR / ER below horizontal
	+ Joint mobilization
	+ POSTERIOR CAPSULE STRETCH WHEN WARM
	+ Cardiovascular training as tolerated

**WEEKS 4-10**

Continue with upper extremity PRE’s

Continue with Scapular stabilization / strengthening exercises

Begin IR / ER Isotonic exercises below horizontal, emphasize Eccentrics

Begin IR / ER Isokinetics week #6

Begin Biceps PRE’s

Continue with flexibility activities

Begin functional activities week #6

Begin plyometrics, limited PRE & speed

**RETURN TO SPORT PHASE (POST WEEK 10)**

IR / ER Isokinetics

Trunk exercises for sport specific activities (i.e. tennis, golf, skiing, etc)

Aggressive upper extremity PRE’s

Continue plyometrics

 Progress PRE’s from side for overhead athletes

Return to sports when 90-95% strength returned

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

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