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Physical Therapy Prescription Multidirectional Shoulder Instability

Patient Name:

Today's Date:

Diagnosis: (LEFT / RIGHT) MDI

- Deltoid, Rotator cuff isometrics in plane of Scapula
- PRE's for Scapular muscles, Latissimus, Biceps, Triceps
- Joint mobilization (posterior glides)
- Restore Scapulohumeral rhythm
- Joint mobilization
- Scapular stabilization avoiding Capsule stress
- IR and limited arc ER below the horizontal plane
- Begin limited arc isotonic deltoid exercises in the plane of the scapula
- Emphasize rhythmic Scapular stabilization and eccentric strengthening program
- Begin endurance activities (UBE)
- Eliminate strength deficits and maintain flexibility
- Continue with endurance activities

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ **M.D.**