

## Physical Therapy Prescription Arthroscopic Acromioplasty

Patient Name:

Today's Date:

Surgery Date:

Diagnosis: s/p ( LEFT / RIGHT ) Arthroscopic Acromioplasty

### 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

- 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 limited sports \_\_\_\_\_  
full activities \_\_\_\_\_

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

\*\*Please send progress notes.

Physician's Signature: \_\_\_\_\_ M.D.