

## Physical Therapy Prescription Swimmer's Shoulder Instability

**Patient Name:**

**Today's Date:**

Underlying problem includes: Weakness / fatigue of scapular stabilizers (especially retractors)  
Inflexibility of pectoral muscles  
Anterior capsular laxity  
Posterior capsular/Rotator cuff tightness  
Posterior Rotator cuff weakness

**Rx:** Development of core strength: lumbar stabilization, abdominals, pelvic girdle

Avoid/correct excessive anterior pelvic tilt/lumbar lordosis

Initial phase (Acute pain) :

Modalities as needed – Phonophoresis / Iontophoresis / Soft Tissue Mobilization /  
E-stim Cryotherapy / Ultrasound  
Submaximal isometrics  
Progress to isotonic exercises

Endurance training for scapular stabilizers: focus on Serratus Anterior, Rhomboids, Lower Trapezius, and Subscapularis :

Push-ups with a plus  
Scapular elevation (scaption)  
Rows  
Press-ups  
Upper body ergometry for endurance training  
Prone lying horizontal flys  
Side-lying external rotation, prone rowing into external rotation  
Push-ups onto a ball

Proprioceptive Neuromuscular Facilitation (PNF) patterns to facilitate  
agonist / antagonist muscle co-contractions

Rotator cuff (external rotation) strengthening : goal is ER:IR ratio at least 65%

Stretching of pectoral muscles, posterior capsule, posterior rotator cuff, latissimus

Generally do not need to stretch anterior shoulder

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

\*\*Please send progress notes.

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