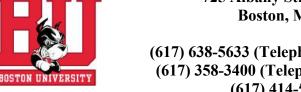
Xinning Li, M.D.

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(617) 638-5633 (Telephone – Shapiro Office) (617) 358-3400 (Telephone – Ryan Center) (617) 414-5226 (Fax) www.tigerortho.com

Patient Name:

Date:

Date of surgery:

Visit per week: 2 to 3 times

PHYSICAL THERAPY PRESCRIPTION:

SHOULDER ARTHROSCOPY WITH CAPSULAR RELEASE

WEEKS 1 – 6 (No SLING and only for comfort)

- Anti-Inflammatory Modalities (Ice) as needed
- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
- Codman's, pendulums, pulleys, cane assisted ROM
- INSTRUCT HOME PROGRAM TO BE DONE DAILY AT HOME (3X/DAY).
- Biceps / triceps isotonics /Elbow & Wrist motion exercises
- Scapular stabilization exercises
- Cardiovascular training as tolerated (Running, bike, etc.)
- Anterior and Posterior capsular stretch after warm-up
- Recommend 5 visits during the first 2 week postoperatively; then 3x per week
- Special:

WEEKS 6-12

- Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
- Continue upper extremity PREs
- Continue scapular stabilization / strengthening exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Biceps PRE's
- Continue with shoulder and neck flexibility exercises
- Modalities PRN
- Functional activities begin week 6 (ADLs, Sports)
- Plyometrics per PT.

Boston University School of Medicine

Signature:	
Xinning Li, M.D.	
Associate Professor	