

Physical Therapy Prescription for:

label

Eval & Treat: 2x/week x 12 weeks**Diagnosis:** Anterior shoulder instability with bone loss**Procedure:** ☐ Coracoid Bone Transfer (Latarjet) ☐ ORIF Glenoid ☐ Distal tibia allograft**PHASE I (Week 0-2)**

- Pendulum exercises 4x per day (flexion, circles)
- Elbow/wrist/finger motion
- Cryotherapy/ice for pain/inflammation
- Sleep in sling
- PROM in scapular plane
 - Elevation to 120 degrees
 - External rotation to 30 degrees

PHASE II (Week 2-4)

- Continue sling through week 4, pendulum exercises, cryotherapy/ice
- PROM in scapular plane
 - Elevation to 140 degrees
 - External rotation to 40 degrees
- AAROM in scapular plane to above limits
- Pulleys
- Scaption isometrics @ 30 deg (against gravity)

PHASE III (Week 4-6)

- PROM in scapular plane
 - Elevation to 165 degrees
 - External rotation to 50 degrees
- AROM – Scaption
 - Supine at 4 weeks
 - Standing at 5 weeks
 - Sidelying external rotation
- Bodyblade: scaption @ 0 deg, ER/IR
 - ** Not aggressive

- Dynamic weightbearing on ball (bilateral)

PHASE IV (Week 6-8)

- PROM in scapular plane
 - Elevation to full
 - External rotation to 60 degrees
- ER/IR with resistive tubing and standing with weight
- Resisted scaption
- Upper body ergometer
- PNF D2 diagonal – AROM to light resistance

PHASE V (Week 8-10)

- PROM to tolerance including cocking (ER @ 90 degrees abduction)
- Bodyblade horizontal abd/add
- Supine cocking with weight (eccentric emphasis)
- Supine PNF D2 diagonal with weight (eccentric emphasis)
- Dynamic weightbearing on ball (unilateral)

PHASE VI (Week 10+)

- Rebounder cocking and backhand toss
- Pushups
- Increase speed of training
- Increase emphasis on eccentric control of cocking