

Physical Therapy Prescription for:

label

Eval & Treat: 2x/week x 12 weeks**Diagnosis:** Glenohumeral ganglion cyst, Rotator cuff tendonitis (Internal Impingement)**Procedure:** ___ Cyst Decompression/Excision ___ Subacromial Decompression, ___ Labral Debridement**Date of Surgery:****Protocol:****Immediate Postoperative Period**

- Sling for comfort only
- Pendulums
- PROM to tolerance
- AAROM (wand, self-stretch)
- Ice 3-4x daily
- Impingement exercises
- Scapulothoracic exercises
 - Wall push-ups, supine punch-ups
 - Prone scapular retraction with horizontal abduction with IR and ER
 - Rowing; shrugs, press-ups
 - Ice following exercises

7 Days-2 Weeks (Goal: Full PROM)

- Discontinue sling
- **NO UBE**
- Isometrics for all shoulder motions within pain-free ROM
- AROM: impingement exercises without resistance (standing ABD, FE, supraspinatus exercises <90°, sidelying IR < ER; prone horizontal abduction, extension, flexion)
- Ice following exercises

3 Weeks (Goal: full AROM)

- PRE: hand weights or theraband resistance within pain-free ROM

4 Weeks (exercises should be pain-free)

- Progress PREs
- Add CKC exercises (step ups, BAPS, treadmill; STAB exercises)
- Add manual resistive exercises (PNF, rhythmic STAB, eccentrics)
- Add isokinetic rotation at neutral ABD
- Ice following exercises

6 Weeks (Full pain free ROM)

- Add plyometrics (medicine ball, theraband, plyoback)
- Resume sport specific activities (progression toward full activity)

Lauren Redler

Lauren H. Redler, M.D.

Date