

UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute
Physical Therapy Prescription

Diagnosis: AC and CC joint reconstruction

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

Specific interventions:
START WEEK 6. NO PT BEFORE WEEK6
Sling at all times before week 6

WEEK 6-12: Phase II
ROM--work on passive, active assist, and active
Strengthening--begin with isometrics for deltoid, trapezius. Advance to scapular stabilization exercises. Cuff strengthening exercises OK. Pulleys OK for advancing ROM.
Biceps stretching/modalities for biceps pain

Balance and proprioception as appropriate.

Modalities as indicated by PT

WEEK 12-18: Phase III
Active ROM and strengthening

UCSF Orthopaedic Institute
1500 Owens Street, #201
Fax 415-885-3838