

# UCSF Physical Therapy Referral

## **UCSF Sports Medicine at the Orthopaedic Institute**

Physical Therapy Prescription- Shoulder arthroscopy, subacromial decompression

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

### EARLY POST OP (0-2 weeks)

#### GOALS:

Pain and swelling control  
Forward flexion to 120  
External rotation to 60

#### EXERCISES/RESTRICTIONS:

Rest, ice to affected shoulder  
Discontinue sling when comfortable  
Begin formal physical therapy  
Modalities for pain control  
Pendulums  
Passive/Active ROM/AAROM  
-cane external rotation  
-supine forward flexion ROM  
Biceps/Triceps strengthening  
Scapular stabilization program  
Rotator cuff program when FF > 90 and abduction >90  
Modalities OK  
Teach Home program

### PHASE I (2-6 weeks)

#### GOALS:

Full ROM

#### EXERCISES/RESTRICTIONS:

Modalities for pain control  
Passive/Active ROM  
Scapular stabilization program  
Deltoid/Lat/biceps/triceps strengthening  
Rotator cuff program when FF > 90 and abduction >90  
Pulleys OK  
Pool therapy OK  
Teach home program

### PHASE II (6-12 weeks)

#### GOALS:

Begin rotator cuff strengthening program  
Full ROM Normal strength  
Improved flexibility  
Normal scapulohumeral rhythm

#### EXERCISES/RESTRICTIONS:

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## **UCSF Orthopaedic Institute**

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Aggressive ROM/flexibility  
Continue scapular stabilization  
Rotator cuff strengthening  
Pulleys OK  
Pool therapy  
Proprioceptive program  
Modalities OK  
Continue with home program

PHASE III (12-18 weeks)

GOALS:

Return to sport

EXERCISES/RESTRICTIONS:

Return to sport specific activities

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