



**ORTHOPEDIC
PARTNERS**
Formerly Norwich Orthopedic Group
EST. 1957

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Shoulder, Hip and Knee
Arthroscopy and Reconstruction
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Subacromial Decompression, Lysis of Adhesions Prescription

Name _____

Date _____

Diagnosis _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

_____ Weeks 1-4:

- PROM → AAROM → AROM as tolerated. Work on stretching of soft tissues
- ROM goals: 160° FF/40° ER at side
- No abduction-rotation until 4-8 weeks post-op
- No resisted motions until 4 weeks post-op
- D/C sling at 1 week post-op; sling only when sleeping if needed
- Heat before/ice after PT sessions
- ** No active biceps function for 4 weeks

_____ Weeks 4-8:

- D/C sling totally if not done previously
- Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility
- Goals: 180° FF/60° ER at side
- Begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
- Physical modalities per PT discretion

_____ Weeks 8-12:

- Advance strengthening as tolerated: isometrics → bands → weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- If ROM lacking, increase to full with passive stretching at end ranges
- Begin eccentrically resisted motions, plyometrics, and closed chain exercises.

Modalities

Electric Stimulation

Ultrasound

Signature: _____

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