



**Physical/Occupational Therapy Prescription**

**Name:**

**Date of Birth:**

**Diagnosis:** Anterior Shoulder Instability

**Code:** S43.013

**Procedure:** None

**Surgery Date:**

**Instructions:** PT to eval and treat

**Range of motion:**

- Begin range of motion immediately progressing from passive to active-assist to active ROM.
- Begin with supine range of motion.
- No restrictions, but avoid rotation in abduction or flexion until three months post-injury.
- When not performing exercises, patient should wear sling for no more than 4 weeks post-injury.

**Strengthening:**

- Incorporate trunk stability: Increase reps, frequency, and weight as fit per patient.
- Begin strengthening once range of motion is painless, progressing from isometrics to bands to weights with a focus on the rotator cuff, deltoid, and scapular stabilizers.
- As strengthening progresses, focus on achieving voluntary control of the scapula in increasing degrees of abduction. Prioritize restoration of scapular rhythm and tracking.
- As strength returns with weights, incorporate eccentrics, plyometrics, proprioceptive exercises.
- Incorporate into sport specific or function specific exercises Please provide with a home exercise program. Progress as tolerated

**Modalities:** Heat before and ice after therapy.

**Frequency:** 2-3 times/week

**Duration:** 6 weeks

**Signature:**

**Date:**