POST-OP INSTRUCTIONS:

- Continuous Passive Motion (CPM)
- Exercises in Plane of Scapula Only
- Pulley and Instruction
- Sling when arm at risk
- Sling or brace at all times
- Elbow range of motion
- Grip strengthening
- AAROM: Forward Elevation to _____°
- AAROM: External Rotation to _____°
- AAROM: Internal Rotation: up back
- AAROM: Int. Rotation: in abduction
- AAROM: Cross-Body Adduction
- Isometric Ext. Rotator Strengthening
- Isometric Int. Rotator Strengthening
- Isometric Abductor Strengthening
- Graph progress on wall charts
- Provide patient with written copy of home exercise program

STRETCHING:

- Four Quadrant (FE, ER, IR, CBA)
- Forward Elevation
- External Rotation
- Internal Rotation: up back
- Internal Rotation: in abduction
- Cross-Body Adduction
- Elbow (Flex, Ext, Pron, Sup)
- Medical Epicondylitis Program
- Lateral Epicondylitis Program
- Water Exercises
- Additional Instructions:

STRENGTHENING:

- Rotator Cuff (ER, IR, ABD)
- External Rotators
- Internal Rotators
- Abductors
- Flexors
- Extensors
- Scapular Stabilizers
- Shoulder Shrugs
- Rhomboid Pinch
- Lat Pull-downs
- Forward Punch
- Internal Rotators
- Bench Press
- Bench Press Plus
- Lat Pull-downs
- Prog. two hand supine bench press
- Biceps: Curls/Supination
- Rowing
- Nordic Track
- Swimming
- One Visit: Home Program Instruction
- _____ visit/week for_______ weeks

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