PHYSICAL THERAPY ORDERS: SHOULDER & ELBOW SERVICE

PRECAUTIONS No pushing or pulling for 12 weeks post operation (and only lightweight after that) 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: Internal Rotation in abduction Sometric Ext. Rotator Strengthening Isometric Int. Rotator Strengthening Isometric Ext. Rotator Strengthening Isometric Int. Rotator Str	DIAGNOSIS 6 weeks S/P Delta Shoulder Art	throplasty	Right/Left	
Continuous Passive Motion (CPM)	PRECAUTIONS No pushing or pulling for 12 we	1		
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Sling when arm at risk Abductors Sling or brace at all times Flexors Elbow range of motion Extensors Scapular Stabilizers S	☐ Exercises in Plane of Scapula Only	☐ External Rotators		
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