



### **Physical/Occupational Therapy Prescription**

**Name:**

**Date of Birth:**

**Diagnosis:** Glenohumeral Osteoarthritis      **Code:** M19.019

**Procedure:** Anatomic Total Shoulder Arthroplasty (with Lesser tuberosity osteotomy)

**Surgery Date:**

**Instructions:**

**Range of motion:**

- Sling immobilization is as needed for a week or so. Ok to wean asap
- Begin PT on Post op Day 1 if able, teach home exercise program only three times a day.
- Passive shoulder ROM in FF and ER with arm at the side. Limits 140 FF and 30 ER for the first 2 weeks, then Full ROM is allowed.
- Focus on: regaining active forward elevation (pulleys, wall climbs, table slides, etc.) regaining active external rotation using active external rotation exercises.
- No internal rotation or extension for the first 3 months post-operatively
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Range of motion goals:

2 weeks: 140° forward elevation, 40° external rotation

6 weeks: >150° forward elevation, 45° external rotation

**Strengthening:**

- Begin strengthening at 6 weeks post-operatively.
- Progress to bands and weights as tolerated, limit to 5 lbs until three months postoperatively.
- At twelve weeks post-operatively, starting with isometrics and progressing to bands and then weights, with a focus on the scapular stabilizers, rotator cuff, and deltoid. No restrictions at 12 weeks

Please provide with a home exercise program.

**Limitations:**

**6-12 weeks :5 lb limit**

**>12 weeks: no limits, resume full activities**

**Modalities:** Heat before and ice after therapy. Other modalities at therapist's discretion.

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

**Duration:** 6 weeks

**Signature:**

**Date:**

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