

<b>UCLA OUTPATIENT REHABILITATION SERVICES</b>	
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**ACROMIOCLAVICULAR JOINT PHYSICAL THERAPY PRESCRIPTION**

**Diagnosis: ( LEFT / RIGHT ) \_\_\_\_\_**



**WEEKS 1-4:**

- FORMCHECKBOX Anti-inflammatory Modalities (Ice – 3-4x / day)
- FORMCHECKBOX Range of motion exercises to tolerance in all planes  
Emphasize passive supine FF & ER for first 2 visits; incorporate IR, abduction, adduction
- FORMCHECKBOX Codman's, pendulums, pulleys (after FF > 85°), cane-assisted ROM
- FORMCHECKBOX INSTRUCT HOME PROGRAM – TO BE DONE 2X DAILY
- FORMCHECKBOX Biceps / Triceps Isotonics / Elbow & Wrist motion exercises
- FORMCHECKBOX Scapular Stabilization Exercises; Scapular Mobilizations
- FORMCHECKBOX Anterior and Posterior capsular stretch after warm-up
- FORMCHECKBOX Rotator cuff free weight exercises per shoulder impingement program beginning with  
weight of arm at 2 weeks from date of surgery

**Goals:** Full AROM at 4 weeks post-op with no pain. No inflammation  
D/C shoulder sling per MD instructions after a minimum of 2 weeks

**WEEKS 4-8:**

- FORMCHECKBOX Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
- FORMCHECKBOX Continue upper extremity PRE's, scapular stabilization / strengthening exercises
- FORMCHECKBOX IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- FORMCHECKBOX Biceps PRE's, shoulder & neck flexibility exercises, Modalities PRN >>> Ice – 3-4x / day
- FORMCHECKBOX Increasing emphasis on rotator cuff and peri-scapular muscle strengthening  
Rotator cuff free weight exercises per shoulder impingement program progressing up to 3 pounds (no heavier than 3 pounds)
- FORMCHECKBOX Functional activities begin week 6 (ADLs, Sports)
- FORMCHECKBOX Plyometrics

**Treatment:** \_\_\_\_\_ times per week    **Duration:** \_\_\_\_\_ weeks    \_\_\_ Home Program

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon**

Place label here

NAME OF PATIENT: \_\_\_\_\_

MRN: \_\_\_\_\_

**Kristofer J. Jones, M.D.**

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