

<b>UCLA OUTPATIENT REHABILITATION SERVICES</b>	
<input type="checkbox"/> <b>WESTWOOD</b> 1000 Veteran Ave., A level Phone: (310) 794-1323 Fax: (310) 794-1457	<input type="checkbox"/> <b>SANTA MONICA</b> 1260 15 <sup>th</sup> St, Ste. 900 Phone: (310) 319-4646 Fax: (310) 319-2269
FOR APPTS, CALL: (310) 794-1323	
FAX: (310) 794-1457	

## **THROWER'S SHOULDER PHYSICAL THERAPY PRESCRIPTION**

**UNDERLYING PROBLEM INCLUDES: Weakness / fatigue of scapular stabilizers (especially retractors)**

**Inflexibility of pectoral muscles**  
**Anterior capsular laxity**  
**Posterior capsular/Rotator cuff tightness**  
**Posterior Rotator cuff weakness**

\_\_\_ Development of core strength: lumbar stabilization, abdominals, pelvic girdle

\_\_\_ Avoid / Correct excessive anterior pelvic tilt / lumbar lordosis

\_\_\_ Initial phase (Acute pain):

Modalities as needed – Phonophoresis / Iontophoresis / Soft Tissue Mobilization /

E-stim Cryotherapy / Ultrasound

Submaximal isometrics

Progress to isotonic exercises

\_\_\_ Endurance training for scapular stabilizers: focus on Serratus Anterior, Rhomboids,

Lower Trapezius, and Subscapularis:

Push-ups with a plus

Scapular elevation (scaption)

Rows

Press-ups

Upper body ergometry for endurance training

Prone lying horizontal flys

Side-lying external rotation, prone rowing into external

rotation

Push-ups onto a ball

\_\_\_ Proprioceptive Neuromuscular Facilitation (PNF) patterns to

facilitate

agonist / antagonist muscle co-contractions

\_\_\_ Rotator cuff (external rotation) strengthening: goal is ER:IR ratio at least 65%

\_\_\_ Stretching of pectoral muscles, posterior capsule, posterior rotator cuff, latissimus

Generally do not need to stretch anterior shoulder

**Treatment:** \_\_\_\_\_ times per week

**Duration:** \_\_\_\_\_ weeks

\*\*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.**

Sports Medicine, Shoulder Surgery and Cartilage Restoration  
UCLA Department of Orthopaedic Surgery  
David Geffen School of Medicine at UCLA  
10833 Le Conte Avenue, 76-143 CHS  
Los Angeles, CA 90095-6902  
Phone: (310) 825-6095  
Fax: (310) 825-1311  
CA License: A126262