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Physical Therapy Prescription-SAD +/- DCR

Name: _____ Date: _____

Diagnosis: R / L arthroscopic SAD / DCR DOS: _____

Weeks 0-4 **Phase I-Protective Phase**

Sling:

- Weeks 0-2; must wear sling at all times except for hygiene
- Weeks 2-4; Discontinue as able

Range of Motion:

- Elbow ROM as tolerated w/o resistance
- Shoulder PROM-AAROM-AROM as tolerated (Incl IR)
- Avoid ABD-ER or ABD IR until 4-8 weeks post-op
- ***If concomitant DCR performed, avoid cross-body adduction for 8 weeks***

Exercises: pendulums, elbow, grip as tolerated

- ***No resistance exercises during Phase I***

Modalities: per therapist

Weeks 4-8 **Phase II**

Sling: none

Range of Motion: increase ROM in all directions as tolerated

- ***If concomitant DCR performed, avoid cross-body adduction for 8 weeks***

Exercises: phase I, plus

- Deltoid and cuff isometrics with arm by side
- Begin scapular strengthening-closed chain
- Begin therabands

Modalities: per therapist

Weeks 8-12 **Phase III**

Range of Motion: Full in all directions

Exercises: Phase II, plus

- UBE, eccentrically resisted movements, close chain strengthening
- Return to sports after 12 weeks