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**Date:** \_\_\_\_\_

**Patient Name:** \_\_\_\_\_ **Patient #:** \_\_\_\_\_

**Diagnosis:** ARTHROSCOPIC ACROMIOPLASTY REHABILITATION PROTOCOL

**Treatments per week:** \_\_\_\_\_ **for** \_\_\_\_\_ **weeks.**

**Physician Signature:** \_\_\_\_\_

**PHYSICAL THERAPY PRESCRIPTION**

**RECOVERY / RECUPERATION PHASE: Weeks 0-4:**

- Restore full ROM
- Modalities PRN
- Grip strengthening
- Codman's / Pendulum exercises, i.e. pulleys, cane, etc.
- Biceps, triceps isotonic. Deltoid isotonic in plane of scapula (week #3).
- Isometrics:
  - Deltoid
  - IR / ER below horizontal
- Joint mobilization
- POSTERIOR CAPSULE STRETCH WHEN WARM
- Cardiovascular training as tolerated

**RECOVERY / RECUPERATION PHASE: Weeks 4-10:**

- Continue with upper extremity PRE's
- Continue with scapular stabilization / strengthening exercises
- Begin IR / ER isotonic exercises below horizontal, emphasize eccentrics
- Begin IR/ ER isokinetics week #6
- Begin biceps PRE's
- Continue with flexibility activities
- Begin functional activities in week #6
- Begin plyometrics, limited PRE & speed

**RETURN TO SPORT PHASE: Weeks 10-16:**

- IR / ER isokinetics
- Trunk exercises for sport specific activities (i.e tennis, golf, skiing, etc.)
- Aggressive upper extremity PRE's
- Continue plyometrics
- Progress PRE's from side for overhead athletes
- Return to limited sports \_\_\_\_\_  
full activities \_\_\_\_\_

\*Please send progress notes.

**COMMENTS:** \_\_\_\_\_

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