

SHOULDER PHYSIOTHERAPY REFERRAL

Anterior Deltoid Programme

Dear Physiotherapist,
Thank you for seeing:

Shoulder side: LEFT RIGHT BILATERAL

Diagnosis: Irreparable Rotator Cuff Tear

Treatment Required:

Could you please assist with anterior deltoid strengthening as per the Reading Shoulder Unit protocol:

<http://www.readingshoulderunit.com/download/documents/18>

Pain Management:

- Avoid or defer exercises that increase patient pain
- Encourage patients to use adequate analgesics to perform exercises in comfort. Occasionally a subacromial corticosteroid injection may be required.

Please notify me if you have concerns re:

- Excessive pain
- Excessive stiffness
- Concerns about compliance.

If you have any queries, please contact me by phone, fax or email.

With thanks

Dr Alan Dao Date: _____