

SHOULDER PHYSIOTHERAPY REFERRAL

Shoulder Arthroscopy

Dear Physiotherapist,
Thank you for seeing:

Surgery Date:

Preoperative Diagnosis: Impingement Biceps tendinopathy ACJ arthropathy

Surgical Procedure: Left / Right shoulder arthroscopy

Surgical Findings: Subacromial decompression Biceps tenodesis Lat clavicle excision

Treatment Required: Could you please commence the following: **Wean sling from 2 weeks post op**

<u>SHOULDER</u>		Days	Week
ROM	Passive closed chain passive desk slide exercises		2
	Forward elevation - Passive supine		2
	- Active supine		4
	- Active erect		4
	External rotation - Passive		2
	- Active		2
	IR / Posterior capsular stretch		4
Strength	Light ER in adduction therapy (<40% max)		6
	Non weight-bearing scapular stabilisation		4
	Lifting limit of 1kg until: (add 1kg per week thereafter)		6
<u>ELBOW</u>			
ROM	Passive	1	
	Active	1	

Please notify me by phone, fax or email if you have concerns re:

- Excessive pain
- Excessive stiffness
- Concerns about compliance.

With thanks,

Dr Alan Dao Date: _____