

# UCSF Physical Therapy Referral

## UCSF Sports Medicine at the Orthopaedic Institute

Physical Therapy Prescription

Diagnosis: shoulder dislocation

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

### **Specific interventions:**

ROM--work on passive, active assist, and active motion

Strengthening--begin with isometrics for deltoid, trapezius. Advance to scapular stabilization exercises. Cuff strengthening exercises OK. Pulleys OK for advancing ROM.

Biceps stretching/modalities for biceps pain

Balance and proprioception as appropriate.

Modalities as indicated by PT

**Limitations:** avoid apprehension position for 3-4 weeks, then ease into position.

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