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ANDREW A. WILLIS, M.D.

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Shoulder Therapy Prescription: (M25.512 L)

Patient Name: Anthony Arocho

Date: 9-3-2024

Treatment Frequency: 3 x per week

Duration of Therapy Prescription: 8 weeks

Diagnosis: Left shoulder traumatic glenohumeral joint contusion w/ aggravation of underlying pre-existing glenoid wear w/ secondary scapula dyskinesia and scapula snapping.

- ☒ Modalities to decrease pain and muscle spasm
- ☐ Slow, gentle isometrics and advance as tolerated
- ☒ ~~Adjusted~~ AROM w/ full, stretching/flexibility
- ☒ Improve scapular stabilization and mechanics

- ☒ Slow, progressive rotator cuff strengthening & endurance
- ☐ Continue upper extremity strengthening
- ☐ Decoupling humeral and scapular movement patterns
- ☐ Avoid high resistance, heavy weight exercises

MODALITIES:

- | | |
|--|--|
| <input checked="" type="checkbox"/> Modalities as needed | <input checked="" type="checkbox"/> Cold Pack |
| <input type="checkbox"/> Iontophoresis | <input checked="" type="checkbox"/> Moist Heat |
| <input type="checkbox"/> Phonophoresis | <input checked="" type="checkbox"/> Massage |
| <input checked="" type="checkbox"/> Ultrasound | <input checked="" type="checkbox"/> NMES |
| <input type="checkbox"/> Contrast Baths | <input type="checkbox"/> TENS |
| <input type="checkbox"/> Parafin | <input type="checkbox"/> Whirlpool |
| <input type="checkbox"/> Soft Tissue Manipulation | <input type="checkbox"/> Scar Management |
| <input type="checkbox"/> Sensory Re-education | <input type="checkbox"/> Edema Control |
| <input type="checkbox"/> & Desensitization | <input type="checkbox"/> Compression Sleeve |

SHOULDER EXERCISE:

- ☒ AROM (Limits: _____)
- ☒ AAROM (Limits: _____)
- ☒ PROM (Limits: _____)
- ☒ Stretching / Flexibility
- ☒ Periscapular Strengthening
- ☒ Rotator Cuff Isometrics
- ☒ ADL's ☒ Coordination Training
- ☒ Strengthening & Endurance Program
- (Patient Education / Home Exercises)

GOALS:

- Full AROM
- Dynamic shoulder stability
- Work on rotator cuff balanced force couples
- Work on GHJ dynamic stabilizers and scapular mechanics
- Protraction/Retraction

- Core, and upper extremity strength/conditioning
- Restore strength power endurance
- Optimize neuromuscular control
- Return to functional activities

CERVICAL SPINE EXERCISE:

- Modalities for muscle spasm
- Flexibility and Strengthening
- Core Conditioning & Posture/Gait Training
- Core Strengthening & Endurance Program

Focus on Scapular Protraction/Retraction Strength Program & periscapular muscle strength exercises

Please send progress notes.

Physician's Signature: _____

(I have medically prescribed the above treatments)

Andrew A. Willis, M.D., FAAOS

Board Certified Orthopaedic Surgeon

- CAQ in Sports Medicine

- CAQ in Hand Surgery

Double Fellowship Trained in Surgery of the Shoulder, Knee, Hand & Elbow

Head Team Orthopaedic Surgeon: New York JETS

Head Team Physician: Drew University & Delbarton School