

TRI-COUNTY ORTHOPEDICS

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Shoulder Therapy Prescription: (M25.511 R/M25.512 L)

Patient Name: Darling Ciriacco

Date: 4/15/24

Treatment Frequency: 3 x per week

Duration of Therapy Prescription: 8 weeks

Diagnosis: Rotator Cuff Sprain spunk Related Fall in

☐ RTC
Tendonitis

☐ Bursitis/
Impingement

☐ Biceps
Tenosynovitis

☐ ACJ Sprain/
Arthritis

☐ Instability
(Ant/Post/MDI)

☐ Labrum Tear

☐ Calcific
Tendonitis

- ☒ Modalities to decrease pain and muscle spasm
- ☐ Slow, gentle isometrics and advance as tolerated
- ☒ Advance AROM to 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 checked="" type="checkbox"/> Soft Tissue Manipulation | <input type="checkbox"/> Scar Management |
| <input type="checkbox"/> Sensory Re-education
& Desensitization | <input checked="" type="checkbox"/> Edema Control |
| | <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

- 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

Please send progress notes.

Physician's Signature: _____

(I have medically prescribed the above treatment)

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