

Physical Therapy Treatment Plan

Patient Name: James Miller

Date of Birth: 12/15/1980

Start of Care: 02/12/2025

Payer: Blue Cross Blue Shield

Hospitalization: None (Post-surgery rehabilitation)

Diagnosis

The patient has the following diagnoses: Med – rotator cuff tear or rupture of the right shoulder (M75.11) with an onset date of 11/01/2024, Tx – rotator cuff tear or rupture of the left shoulder (M75.12) with an onset date of 11/01/2024, Tx – pain in the right shoulder (M25.512) with an onset date of 11/01/2024, Tx – pain in the left shoulder (M25.522) with an onset date of 11/01/2024, and Tx – unspecified abnormality of gait (R26.9) with an onset date of 11/01/2024.

Treatment Approaches

- PT Evaluation
 - Therapeutic Exercises
 - Neuromuscular Reeducation
 - Manual Therapy (Soft tissue mobilization, Joint mobilization)
 - Therapeutic Activities
 - Electrical Stimulation (for pain management)
 - Ice/Heat Therapy
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Frequency, Duration, Intensity, Certified Period

- **Frequency:** 2-3 sessions per week
 - **Duration:** 8 weeks
 - **Intensity:** Moderate intensity with gradual progression, adjusting based on pain levels
 - **Certified Period:** 02/12/2025 - 04/07/2025
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Plan of Treatment

Short Term Goals

1. James will demonstrate a 20% improvement in shoulder flexion and abduction, with less than 4/10 pain, through passive and active assisted movements. (Target: 02/26/2025)
2. James will improve shoulder strength in external rotation to 3/5 and internal rotation to 4/5. (Target: 02/26/2025)
3. James will tolerate performing shoulder pendulum exercises for 5 minutes without an increase in pain. (Target: 02/26/2025)
4. James will perform scapular stabilization exercises with proper form and minimal discomfort. (Target: 02/26/2025)

Long Term Goals

1. James will achieve full shoulder flexion and abduction (180°) with minimal discomfort, no pain during overhead activities. (Target: 04/07/2025)
2. James will demonstrate 5/5 strength in shoulder external and internal rotation, with full functional range of motion. (Target: 04/07/2025)
3. James will perform overhead activities (e.g., lifting objects, reaching) with no pain or weakness. (Target: 04/07/2025)
4. James will return to normal work duties, which include overhead lifting, without restrictions or pain. (Target: 04/07/2025)

Patient Goals

- “I want to be able to lift my arm over my head again without pain and be able to return to my normal activities, including work and exercise.”

Potential for Achieving Goals

- James demonstrates excellent rehab potential, with a strong prior level of function, motivation to improve, and a positive attitude toward rehabilitation. He is following a comprehensive rehab program and demonstrates good cognitive ability to understand and follow exercises.

Participation

- James is highly motivated to return to his prior activity level, including work and exercise. He is committed to adhering to his home exercise program and physical therapy sessions.
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Initial Assessment / Current Level of Function & Underlying Impairments

Factors Supporting Medical Necessity

- **Referral:** Referred by orthopedic surgeon following rotator cuff tear repair surgery.
 - **Medical History:** Rotator cuff tear with surgical repair.
 - **Complexities:** Pain and weakness following surgery, limited active range of motion (ROM), and difficulty performing overhead tasks.
 - **Prior Treatment:** Post-surgical rehabilitation with physical therapy.
 - **Prior Living Situation:** Active lifestyle, involved in physical activities and work requiring overhead motions.
 - **Discharge Plan:** Return to work and recreational activities without limitations, particularly overhead lifting.
 - **Prior Level of Function (PLOF):** Prior to surgery, James was fully independent in activities of daily living (ADLs) and performed heavy lifting in his work without pain.
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Background Assessment

- **Precautions:** Avoid heavy lifting and high-intensity overhead activities until cleared for full ROM and strength recovery.
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Joint ROM / Goniometric Measurements

- **Right Shoulder:**
 - Flexion: 90° (Moderate limitation)
 - Abduction: 85° (Moderate limitation)
 - Internal Rotation: 50° (Mild limitation)
 - External Rotation: 45° (Mild limitation)
 - **Left Shoulder:**
 - Flexion: 170° (Near normal)
 - Abduction: 160° (Near normal)
 - Internal Rotation: 70° (Normal)
 - External Rotation: 75° (Normal)
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Strength / Manual Muscle Testing

- **Right Shoulder:**
 - External Rotation: 3/5 (Weakness noted)
 - Internal Rotation: 4/5 (Weakness noted)
 - Flexion: 3+/5 (Weakness noted)
 - Abduction: 3+/5 (Weakness noted)
 - **Left Shoulder:**
 - External Rotation: 5/5
 - Internal Rotation: 5/5
 - Flexion: 5/5
 - Abduction: 5/5
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Balance

- **Sitting Balance:** Normal, with no deficits.
 - **Standing Balance:** Normal, able to stand without issues.
 - **Balance Loss:** No significant issues.
 - **Reactions & Strategies:** Normal protective reactions.
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Additional Abilities / Underlying Impairments

- **Cardiopulmonary Function:** Normal.
 - **Tone and Posture:** Slight asymmetry in shoulder positioning during overhead movements.
 - **Pain and Edema:** Pain rated at 6/10 with overhead movements; moderate swelling noted post-surgery.
 - **Coordination:** Mild difficulty with coordination during resisted shoulder motions.
 - **Sensory Test Findings:** WNL.
 - **Cognition:** Intact.
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Visual Assessment

- **History and Analysis:** No visual impairments affecting shoulder movements.
 - **Testing:** WNL.
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Functional Assessment

- **Bed Mobility:** Independent, though limited by shoulder pain during movement.
 - **Transfers:** Independent.
 - **Gait:** Normal, no issues with walking.
 - **Gait Analysis:** No abnormalities noted.
 - **Other Areas:** Difficulty with overhead reaching, carrying, and lifting.
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Objective Tests / Measures & Additional Analysis

- **Assessments:**
 - **Shoulder Pain and Disability Index (SPADI):** Current score of 60% (Moderate disability).
 - **Visual Analog Scale (VAS):** Pain reported as 6/10 with overhead activities.
 - **Other:** Home Exercise Program (HEP) for rotator cuff strengthening, scapular stabilization, and range of motion exercises.
 - **Additional Analysis:**
 - **Shoulder Mobility:** Limited ROM in flexion and abduction, especially in the postoperative shoulder.
 - **Strength Testing:** Moderate weakness in shoulder external and internal rotation, and abduction.
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Clinical Impressions

James is recovering from a rotator cuff tear repair and presents with moderate pain and weakness in the shoulder, particularly during overhead movements. He has excellent rehab potential, with adherence to treatment, positive motivation, and a well-supported plan for regaining full shoulder strength and function. The primary focus will be on restoring range of motion, strengthening the rotator cuff muscles, and improving scapular control to return James to his prior level of function and reduce pain during daily and work-related tasks.

Test/Measures and Outcomes

- **Shoulder Pain and Disability Index (SPADI):** Target to reduce to < 20% by the end of treatment.
- **Visual Analog Scale (Pain):** Target to decrease from 6/10 to 2/10.
- **Shoulder Range of Motion:** Target to achieve full shoulder flexion (180°) and abduction (180°).
- **Manual Muscle Testing:** Target to achieve 5/5 strength in shoulder external rotation, internal rotation, flexion, and abduction.

