

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

SHOULDER GENERAL PHYSICAL THERAPY PRESCRIPTION

- ___ Range of Motion: Active / Active-Assisted / Passive
- ___ Posterior Capsule Stretching after warm-up
- ___ Emphasize Internal Rotation
- ___ Rotator Cuff and Deltoid Isometrics
- ___ Rotator Cuff and Deltoid Cuff and Scapular Stabilization program exercises
 - Begin below Horizontal
 - Begin with Isometrics for Rotator Cuff
 - Progress to Theraband, then to Isotonics
- ___ Limit ER to neutral if Biceps Tendonitis
- ___ Progress to Deltoid, Lats, Triceps, and Biceps. Progress Scapular Stabilizers to Isotonics below Horizontal
- ___ Return to Sport Phase:
 - Emphasize Eccentric Rotator Cuff and Scapular Stabilization exercises
 - Sport-specific Strengthening exercises
 - Sport-specific Strengthening with Theraband
 - Plyometric program for Overhead Athletes
- ___ Modalities PRN Ultrasound / Phonophoresis / E-stim / Moist Heat / Ice