



# Bay Area Orthopedic Institute

## Eddie Y. Lo, M.D.

2171 Junipero Serra Blvd, Suite 388, Daly City CA 94014. Phone: 650-993-8349. Fax: 650-993-8352  
 728 Pacific Ave, Suite 503, San Francisco, CA 94133. Phone: 415-398-5990. Fax: 415-398-5976

### Physical Therapy Instructions

**Patient Name:**

**Restrictions:**

**Date of Visit:**

**Date of Surgery:**

**Surgery:**

Arthroscopic Shoulder Capsulorrhaphy: Anterior / Posterior / MDI

Arthroscopic Rotator Cuff Repair: Tear Size \_\_\_\_ x \_\_\_\_ cm

Arthroscopic Subacromial Decompression

Arthroscopic Distal Clavicle Excision

Arthroscopic SLAP Repair

Arthroscopic Biceps Tenodesis / Tenotomy

Acromioclavicular Reconstruction: Autograft / Allograft

Shoulder Stabilization (Latarjet)

Total / Reverse / Revision Shoulder Arthroplasty

Fracture: \_\_\_\_\_

Arthroscopic Knee meniscectomy

Arthroscopic ACL Reconstruction

Other:

**Therapy Modality:**

Heat/Ice

Ultrasound

Iontophoresis

Aquatic Therapy

Joint Mobilization

Electrical Stimulation

Scapular Stabilization

Dynamic Rhythmic Stabilization

Closed / Open Chain Exercises

Isometric/ Isokinetic Exercises

Rotator Cuff Strengthening

Neuromuscular Training

Sport/work-specific training

Core Strengthening

Home Program

Gait Training

Brace/Sling for \_\_\_\_\_ Wks

Weeks	PROM	AROM	FE	ER	IR	Strengthening