

Official Health Care Partner



UAB MEDICINE

ORTHOPAEDIC SURGERY

Amit Momaya, MD

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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Multidirectional Instability Stabilization – Non-operative

Patient should typically see therapist 2-3x week for 6-12 weeks.
Emphasis on rotator cuff strengthening and scapula stabilization.
Avoid passive ROM exercises.
Focus on high repetition, low weight, and free weight program.