

**SHOULDER ARTHROSCOPIC CAPSULAR RELEASE/LYSIS OF ADHESIONS
MANIPULATION UNDER ANESTHESIA (MUA)
REHABILITATION PROTOCOL
(1/22/2020)**

ATTENTION PHYSICAL THERAPISTS—STRESS IMPORTANCE OF THE FOLLOWING:

- Give the inflammation time to settle. Regular icing, elevation, and specific exercises should be the main focus during this time.

	ROM	EXERCISES
Day 1	Pt will meet with PT following MUA for ROM/education	Ensure patient is scheduled out daily for 10 days of PT Encourage use of ice for pain and inflammation At minimum, perform PROM in all planes. Ensure pt has home program, to be performed 3X/day.
PHASE 1 0-10 days	Reaching shoulder ROM in all planes should be the primary focus of the first 10 days	Daily PT for first 10 days PROM/capsular stretching with and without GH Joint distraction. Inferior and posterior capsular glides if indicated. Consider pendulums, pulleys, ROM with cane, wall walks
PHASE 2 10 days- discharge	Full	Continue to work AROM and PROM to ensure full ROM in all planes, without compensatory shrug of scapula. At this time, if pt has full ROM or near full, progressive RC and scapular stabilization and strengthening per original surgical protocol.