

**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.

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