



## REHABILITATION GUIDELINES

## POST MANIPULATION OR ARTHROSCOPIC CAPSULAR RELEASE/LYSIS OF ADHESIONS

**ICING, REHABILITATION, PASSIVE RANGE OF MOTION IN RECOVERY ROOM AND THREE TIMES PER DAY**

## PHASE 1:

DOS:

*Begin immediately post op**Pendulums to warm up*

- Sling use only as needed for comfort
- Passive Range of Motion (PROM) and Active Range of Motion (AROM) to full
- Aggressive stretching all planes: forward elevation, external rotation, neutral, 90° abduction, internal rotation, posterior capsule, cross-arm adduction, under chin/behind head
- Begin Phase I in the supine position for elevation and external rotation, and progress upright
- Daily NSAIDS recommended as tolerated
- Formal physical therapy at least 4-5 times per week for 2 weeks

## PHASE 2:

*Active range of motion with terminal stretch; pendulums to warm up****PROGRESS AS SOON AS TOLERATED, EVEN POST OP DAY 0***

- When Phase II initiated, return to supine for elevation and progress to upright
- Continue emphasis on all above stretches
- Progress as tolerated

## PHASE 3:

*Resisted plus continue Phase I; pendulums to warm up****BEGIN ONE MONTH POST OP; DO NOT INITIATE STRENGTHENING UNTIL THIS TIME UNLESS ROM NEAR FULL***

- Resisted program for rotator cuff and scap stabilizers
- Progress as tolerated