

Manipulation Under Anesthesia/Arthroscopic Release PT Protocol

- Sling for comfort – discard within several days
- Advance rehab as tolerated – no pain, no gain
- Outpatient Therapy: 4-5x/day at home 2-5x/ week at therapy

Phase I – Passive (Weeks 0 to 4):

Weeks 0 to 2:

- Pendulums to warm-up
- Passive Range of Motion and Terminal Stretching * Hold and relax as patient is able*
- Supine → Seated External Rotation – Full
- Supine → Seated Forward Elevation – Full
- Internal Rotation – Full
- Cross Body Horizontal Adduction
- Sleeper Stretch
- Internal Rotation with towel

Weeks 3 to 4:

- External Rotation in door
- Door Hang
- Behind the Head Push
- 90-90 External Rotation in Door

Phase II – Active (Weeks 4 to 6):

- Pendulums to warm-up
- Progress when PROM allows
- Active Range of Motion with terminal stretch

Phase III – Resisted (Weeks 6 to 8):

- Pendulums to warm-up and continue with Phase 2
- Progress when AROM allows
- External and internal Rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bicep Curls
- Bear hugs

Return to Activities:

- Computer: 1-2 weeks
- Recreational sports: 2-3 months
- Other activities per surgeon/PT discretion