**Rehabilitation Protocol**

**Shoulder Manipulation Under Anesthesia + Capsular Release**

* **Sling for comfort, discontinue within 1-2 days**
* **Advance rehab as tolerated – NO pain, NO gain**
* **Rehab frequency: 5x/week for 2 weeks, progress to 2-3x/week as need**
* **In between @ home: aggressive stretching in all planes (3x/day)**

**Phase I – Passive Motion (Week 1 - 3)**

***Pendulums to warm-up***

***Passive range of motion and terminal stretching***

* SupineSeated External Rotation – **Full**
* SupineSeated Forward Elevation - **Full**
* Internal rotation – Full (with towel)
* Cross body horizontal adduction
* Sleeper stretch
* Internal rotation with towel
* External rotation in door
* Door hang
* Behind the head push
* 90-90 external rotation in door
* Ice: continue to ice on a regular basis. At least 20 minutes at a time, 4-5 times per day.
* Shower: On post-op day 3
* Appointment: your first therapy appointment should begin day after surgery.

**Phase II – Active Motion (Week 4 - 6)**

***Continue with modalities and ROM outlined in Phase 1***

* *Pendulums to warm-up*
* *Passive range of motion and terminal stretching* 
  + *Progress when PROM allows*

**Phase III – Resisted (Week 6 - 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

**Phase IV – Weight Training (‘Per PT discretion’)**

* Keep hands within eyesight, keep elbows bent, no long lever arms
* Minimize overhead activities (below shoulder level)
* No military press, pull-downs behind head, or wide grip bench
* Gradual progression of resistance controlling velocity, duration, intensity, and frequency

**RETURN TO ACTIVITIES**

Computer As soon as tolerated

Driving When no longer taking narcotics

Elliptical 1 week

Jogging 3 weeks

Light Swimming 1 month

Recreational Sports 2-3 months

*Other activities per surgeon/PT discretion*

\*\*Heavy overhead lifting (military press), pull-down behind head, wide grip bench and dips are discouraged.