

Postoperative Rehabilitation Protocol for  
**Shoulder Lysis of Adhesions (LOA) & Manipulation Under Anesthesia (MUA)**  
**with Small Rotator Cuff Repair and/or Biceps Tenodesis**

*\*\* Therapy should be started within 1-2 days after surgery (ideally the next day). It is suggested to continue therapy 3 times per week. It is critical to supplement with a home exercise program to progress ROM when no in supervised therapy.*

Immediately Post-Op (0-2 Weeks)

- Goals
  - Maximize PROM and begin light AROM **immediately** after surgery
  - Minimize pain with use of modalities PRN
- Precautions
  - LOA/MUA with biceps tenodesis/tenotomy – no sling
  - LOA/MUA with rotator cuff repair – sling use for 6 weeks when not working on ROM
- Range of Motion
  - Begin AAROM with cane and pulley exercises
  - Avoid active elbow flexion and forearm supination with biceps tenodesis
  - Continue to increase ROM as tolerated to restore full PROM, begin light AROM
- Strengthening
  - Periscapular strengthening
  - Avoid resistive biceps exercises with biceps tenodesis procedure
    - No elbow flexion or forearm supination against resistance
  - Avoid IR/ER resistance exercises with rotator cuff repair

2-6 Weeks Post-Op

- Goals
  - Minimize pain and restore full ROM
- Range of Motion
  - Maintain full PROM
  - Continue gentle AROM and progress as tolerated to restore full ROM
  - Continue use of modalities PRN to assist with motion increases
- Strengthening
  - Begin shoulder isometric exercises progressing to isotonic
  - Continue periscapular exercises

6-12 Weeks Post-Op

- Goals
  - Minimize pain and restore full AROM and PROM
- Range of Motion
  - Maintain full PROM & AROM
- Strengthening
  - Begin light resistive tubing/band/weight exercises, progressing slowly through week 12

- Begin prone I's, Y's, T's exercises
- Begin resistive biceps loading at week 10
- Continue to improve periscapular strengthening exercises

#### 12+ Weeks Post-Op

- Range of Motion
  - Maintain full ROM
- Strengthening
  - Increase resistive shoulder exercises to include dynamic stabilization and heavier resistive exercises
    - Progress resistive exercises gradually
  - Include neuromuscular control exercises such as D1 and D2 patterns with resistance