

Postoperative Rehabilitation Protocol for Shoulder Lysis of Adhesions (LOA) & Manipulation Under Anesthesia (MUA)

*** 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 AROM **immediately** after surgery
 - Minimize pain with use of modalities PRN
- No sling use after surgery with isolated LOA/MUA
- Range of Motion
 - Full ROM exercises to degrees achieved after LOA/MUA
 - Start with AAROM (canes / pulleys) and then progress
 - Continue to increase ROM as tolerated to restore full ROM
- Strengthening
 - Light rotator cuff and periscapular strengthening as tolerated by motion

2+ Weeks Post-Op

- Goals
 - Minimize pain and restore normal ROM
- Range of Motion
 - Restore full AROM to full as tolerated
 - Continue modalities PRN to assist with motion increases
- Strengthening
 - Increase strengthening exercises for rotator cuff and periscapular muscles as tolerated by ROM