POST MANIPULATION OR ARTHROSCOPIC CAPSULAR RELEASES/LYSIS OF ADHESIONS
(2/2015)
DR LEVENE

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

**PHASE I** 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 II** 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 III** 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