

Shoulder Lysis of Adhesions/Manipulation Under Anesthesia Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Gain full ROM ● Decrease swelling 	<p>Sling for comfort only x few days</p>	<ul style="list-style-type: none"> ● Full active and Passive range of motion without restrictions <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice ● Compression ● Edema control 	<ul style="list-style-type: none"> ● Neck, elbow, wrist ROM ● Scapular retraction and depression ● Pendulums ● Full passive ROM ● Isometrics: ER, IR, bicep and triceps ● Active ROM: sidelying ER, FE and scaption, Salutes, prone extensions, open chain proprioception ● Light rotator cuff and peri-scapular strengthening as tolerated ● Low load prolonged stretches starting Week 3: ● Towel internal rotation ● Cross arm ● Sleeper ● 90/90 external rotation
<p>Phase 2 (2+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Continue ROM work ● Muscular endurance 	<p>No sling or immobilization</p>	<ul style="list-style-type: none"> ● Full active and passive ROM ● Push to get full ROM <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle Massage ● Cryotherapy as needed 	<ul style="list-style-type: none"> ● Strengthening exercises as tolerated by ROM - External and Internal rotation strengthening - Punches with a plus - Sport cord rows - Prone lower trap - Bicep curls/tricep extension ● Low load prolonged stretches starting Week 3: ● Towel internal rotation ● Cross arm ● Sleeper ● 90/90 external rotation

Aaron J. Casp, MD
Sports Medicine, Hip, Knee, and Shoulder Surgery
p: (303) 835-8561
f: (303) 879-4036



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