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MANIPULATION UNDER ANESTHESIA AND/OR CAPSULAR RELEASE POSTOPERATIVE PT PROTOCOL

- Patient to do Home Exercises given post-op in addition to PT (pendulums, elbow ROM, wrist ROM, grip strengthening, aggressive shoulder stretches)
 - Please encourage

Weeks 0-6 (PT 3-5x/week)

- Aggressive PROM!
 - Soft tissue mobilization to the shoulder girdle
- ROM goals: Achieve and keep full PROM with flexion, abduction, internal and external rotation by 6 weeks postop
- Grip strengthening
- No canes/pulleys until 6 weeks post-op, because these are active-assisted exercises
- Heat before PT, ice after PT

Weeks 6-12 (PT 3-5x/week)

- Begin AAROM → AROM as tolerated
- Goals: Same as above, but can increase as tolerated
- Continue aggressive passive stretching at end ranges
- Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc)
- Begin strengthening/resisted motions

Months 3-12 (PT 2-3x/week)

- Advance to full ROM as tolerated with passive stretching at end ranges as needed
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- Begin sports related rehab at 4 1/2 months, including advanced conditioning as shoulder motion/strength allows