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## Manipulation Under Anesthesia/Arthroscopic Release

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

- Sling for comfort – discard within several days
- Advance rehab as tolerated – no pain, no gain
- CPM ordered for hospital and home use – for immediate use
  - One hour in the morning and one hour in the evening to increase motion – use it to stretch
- In hospital therapy: aggressive stretching in all planes, stabilizing GH joint due to anesthesia and decreased motor control
- Outpatient therapy
  - Four to five times a day at home
  - Two to five times week at therapy

### Phase I: Passive (Weeks 0 to 4)

#### Weeks 0 to 2

- Pendulums to warm-up
- Passive range of motion and terminal stretching
  - *Hold and relax as patient is able*
- Supine → seated external rotation – full
- Supine → seated forward elevation – full
- Internal rotation – full
- Cross body horizontal adduction
- Sleeper stretch
- Internal rotation with towel

#### Weeks 3 to 4

- External rotation in door
- Door hang
- Behind the head push
- 90/90 degrees external rotation in door

### Phase II: Active (Weeks 4 to 6)

- Pendulums to warm-up
- Progress when PROM allows
- Active range of motion with terminal stretch

### Phase III: Restricted (Weeks 6 to 8)

- Pendulums to warm-up and continue with Phase II
- Progress when AROM allows
- External and internal rotation
- Standing forward punch

- Seated rows
- Shoulder shrugs
- Bicep curls
- Bear hugs

**Return to Activities**

- Computer: 1 to 2 weeks
- Recreational sports: 2 to 3 months
- Other activities per Dr. Roberson's/PT discretion