



## UVA SPORTS MEDICINE

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### Post-Operative Rehabilitation Protocol Shoulder Lysis of Adhesions / Manipulation under Anesthesia (LOA/MUA) or Capsular Release

It is important to start physical therapy within a few days after surgery (if not the next day). It is suggested to continue therapy three times per week, with supplemental home exercise program to progress ROM when not in supervised physical therapy.

#### Immediately Post-Operative (Day 1- 2 weeks)

<b>Goals</b>	<ul style="list-style-type: none"> <li>Maximize PROM and AROM immediately after surgery</li> <li>Minimize pain with use of therapeutic interventions</li> </ul>
<b>Precautions/ Sling Use</b>	<ul style="list-style-type: none"> <li>No sling use after surgery with isolated LOA/MUA procedure</li> <li>Control inflammatory symptoms while maximizing ROM progress</li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>Full ROM exercises to degrees achieved after LOA/MUA <ul style="list-style-type: none"> <li>Start with AAROM such as canes and pulleys, then progress</li> </ul> </li> <li>Continue to increase ROM as tolerated to restore full ROM</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>Light rotator cuff and peri-scapular strengthening as tolerated by motion</li> </ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>Keep surgical dressings clean and dry</li> <li>Change surgical bandages on the 2<sup>nd</sup> day after surgery (keep covered until first clinic visit)</li> <li>Can bathe on the 2<sup>nd</sup> day after surgery (do not scrub, soak, or submerge the incisions)</li> <li>Continue DVT prophylaxis (prevention for blood clots) as instructed by your surgeon</li> </ul>

#### After Initial Post-Operative Phase (2+ weeks)

<b>Goals</b>	<ul style="list-style-type: none"> <li>Minimize pain</li> <li>Restore normal ROM</li> </ul>
<b>Precautions/ Sling Use</b>	<ul style="list-style-type: none"> <li>No sling use after surgery with isolated LOA/MUA procedure</li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>Restore full AROM to full as tolerated</li> <li>Continue to use modalities as applicable in order to assist with motion increases</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>Increase strengthening exercises for rotator cuff and peri-scapular muscle as tolerated by ROM</li> </ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>Can submerge incision in water after first post-op visit only when incision is completely healed</li> <li>Continue to work on ROM at home on days not in physical therapy</li> </ul>

For any questions about operative details or rehabilitation guidelines, please contact the respective surgeon's Athletic Trainer at the contact information found at this link: <https://med.virginia.edu/orthopaedic-surgery/orthopaedic-divisions/sports-medicine/protocols/>