



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)

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

After Initial Post-Operative Phase (2+ weeks)

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