

- **MANIPULATION UNDER ANESTHESIA**
- **ARTHROSCOPIC CAPSULAR RELEASE**



**CRYSTAL CLINIC
ORTHOPAEDIC CENTER**

Post-op protocol for ***Daniel Myer, M.D.***

Sling Use:

Sling for comfort (discard within a few days)//Possible CPM ordered for hospital and home use.

General Info:

- ***Advance rehab as tolerated – **NO PAIN, NO GAIN**
- Inpatient Therapists – **aggressively** stretching in all planes per orders
 - Outpatient Therapists – **aggressively** stretching in all planes

Phase I: (Passive)

Week 1

- Pendulums to warm-up
- Passive Range of Motion and Terminal Stretching
- Supine-Seated External Rotation & Forward Elevation-Full
- Internal Rotation – Full
- Cross Arm Push
- Internal Rotation with Towel
- External Rotation in Door
- Door Hang
- Behind the Head Push
- 90-90 External Rotation in Door
- Side-lying Posterior Capsule Stretch (Sleeper Stretch)

Phase II:
(Active/Assistive)

Progress when passive motion allows

- Pendulums to warm-up
- Active Assistive Range of Motion with Terminal Stretch.
- See above exercises
- Scapular Mobilizations

Phase III: (Resisted)

Progress when active motion allows

- Pendulums to warm up and continue with phase 2
- External and internal rotation
- Standing forward punch
- Seated rows
- Bicep Curls
- PRE's for periscapular strengthening

Weight Training:

Per PT discretion

Return to activities:

Immediately

Computer, eating, holding a book, typing, writing

2-3 months

Recreational sports