



## Shoulder Manipulation under anesthesia / Lysis of Adhesions

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### Rehabilitation Protocol

Manipulation under anesthesia is a procedure that occurs with the patient fully anesthetized and the shoulder is essentially gently manipulated to break up the adhesions of the capsule to allow for full range of motion. If the adhesions cannot be broken down with manipulation, an arthroscopic procedure is indicated. The patient is prepped for an arthroscopic procedure and the capsule is manually released under direct visualization using arthroscopic techniques. Post-surgically the patient is placed in a sling for comfort as well as control of the arm.

### First Post-op Week:

- In general, daily physical therapy is begun the day of surgery, including maintaining passive and active range of motion that was accomplished during the procedure.
- Sling is discontinued during this time, if possible. (After week 1)
- Home exercises, including wall walks and pendulums are initiated as well as range of motion, IMMEDIATELY
- If you have a shoulder arthroscope, wound care is initiated after post-operative dressing is removed at Day 2 or 3

### Physical therapy protocol

- No lifting more than 1 pound
- Reduction of pain
- Maintenance of range of motion, Full range of motion is the goal- ASAP
- Continued progressive strengthening

No AROM for 4-6 weeks