

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Arthroscopic Shoulder Capsular Release, Manipulation Under Anesthesia

Three times per day home exercise program including:

Phase 0: Day of Surgery – Post-op day 2

- Patient will have long acting shoulder block
 - Should have formal therapy visit pre-arranged day of and day after surgery:
 - Immediately following surgery PACU recovery (POD#0)
 - 1st appointment the following morning (POD#1)
- PROM with therapist assist as long as block is functional
- Maintain sling use

Phase 1: Day 2 – week 6

- Wean out of sling after block wears off
- Formal PT AND Three time daily (TID) home exercise program (HEP)
- PROM and AROM TID formal PT AND home exercise program
 - Pulleys, table slides, wall climbs, sleeper stretches, supine wand exercises in all planes
- Scapular stabilization, rhomboid and lower trapezius strengthening
- Use arm for ADLs

Phase 2: Week 6-12

- Add deltoid, rotator cuff, and periscapular strengthening
- Independent home exercise program
- Return to play
- Work hardening program

More info:

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