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## Shoulder Lysis of Adhesions/Manipulation Under Anesthesia Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-2 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Pain control</li> <li>● Gain full ROM</li> <li>● Decrease swelling</li> </ul>	<p>Sling for comfort only x few days</p>	<ul style="list-style-type: none"> <li>● Full active and Passive range of motion without restrictions</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Ice</li> <li>● Compression</li> <li>● Edema control</li> </ul>	<ul style="list-style-type: none"> <li>● Neck, elbow, wrist ROM</li> <li>● Scapular retraction and depression</li> <li>● Pendulums</li> <li>● Full passive ROM</li> <li>● Isometrics: ER, IR, bicep and triceps</li> <li>● Active ROM: sidelying ER, FE and scaption, Salutes, prone extensions, open chain proprioception</li> <li>● Light rotator cuff and peri-scapular strengthening as tolerated</li> <li>● Low load prolonged stretches starting Week 3:</li> <li>● Towel internal rotation</li> <li>● Cross arm</li> <li>● Sleeper</li> <li>● 90/90 external rotation</li> </ul>
<p><b>Phase 2 (2+ weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Continue ROM work</li> <li>● Muscular endurance</li> </ul>	<p>No sling or immobilization</p>	<ul style="list-style-type: none"> <li>● Full active and passive ROM</li> <li>● Push to get full ROM</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Gentle Massage</li> <li>● Cryotherapy as needed</li> </ul>	<ul style="list-style-type: none"> <li>● Strengthening exercises as tolerated by ROM</li> <li>- External and Internal rotation strengthening</li> <li>- Punches with a plus</li> <li>- Sport cord rows</li> <li>- Prone lower trap</li> <li>- Bicep curls/tricep extension</li> <li>● Low load prolonged stretches starting Week 3:</li> <li>● Towel internal rotation</li> <li>● Cross arm</li> <li>● Sleeper</li> <li>● 90/90 external rotation</li> </ul>

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