

Manipulation Under Anesthesia Arthroscopic Release Steadman Hawkins Protocol

- *Sling for comfort – discard within several days
- *Advance rehab as tolerated – no pain, no gain
- *CPM ordered for hospital & home use – for immediate use – 1 hour AM & PM to increase motion
- *Inpatient therapy: Begin in recovery room (3-4x/day for LOS)
 Aggressive stretch in all planes per orders, stabilize GH joint due to
 anesthesia/decreased motor control
- *Outpatient therapy: 5x/week for 2 weeks, progress to 2-3x/week as needed

Phase 1 – PASSIVE

*Pendulums to warm-up
Passive ROM and terminal stretching*

Week 1-3

Supine→Seated External Rotation – Full
Supine→Seated Forward Elevation - Full
Internal rotation – Full (with towel)
Cross body horizontal adduction
Sleeper stretch

Phase 2 – ACTIVE

*Pendulums to warm-up
Active ROM with terminal stretch*

Week 4-6

Progress when PROM allows

Phase 3 – RESISTED

Pendulums to warm-up and continue with phase 2

Week 10-12

Progress when AROM allows
External and Internal Rotation
Standing forward punch
Seated Rows/Shoulder Shrugs
Bicep Curls/Bear Hugs

Weight Training

Per PT discretion

Keep hands within eyesight, keep elbows bent, no long lever arms
Minimize overhead activities (below shoulder)
(No military press, pull-down behind head, or wide grip bench)

Return to Activities

Computer 1-2 weeks
Recreational Sports 2-3 months
Other activities per surgeon/PT discretion