



## Shoulder Manipulation under Anesthesia

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- Sling for comfort: discontinue within the first few days (when the block wears off)
- Advance rehab as tolerated
- Outpatient Therapy: 4-5 days per week x 1-2 weeks then 3-4 days per week for 4 weeks

### **Phase 1 - (PASSIVE)** Pendulums to warm-up

Week 0-2 Passive Range of Motion and Terminal Stretching \* *Hold and relax as patient is able\**

Supine → Seated External Rotation – Full

Supine → Seated Forward Elevation – Full

Internal Rotation – Full

Cross Body Horizontal Adduction

Sleeper Stretch

Internal Rotation with towel

Week 3-4 External Rotation in door

Door Hang

Behind the Head Push

90-90 External Rotation in Door

### **Phase 2 - (ACTIVE)**

Weeks 4-6 Pendulums to warm-up

Progress when PROM allows

Active Range of Motion with terminal stretch

### **Phase 3 - (RESISTED)**

Weeks 6-8 Pendulums to warm-up and continue with Phase 2

Progress when AROM allows

External and internal Rotation

Standing forward punch

Seated rows

Shoulder shrugs

Bicep Curls

Bear Hugs

### **Return to Activities Surgeon Comments**

Computer 1-2 weeks

Recreational sports 2-3 months

Other activities per surgeon/PT discretion