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Manipulation Under Anesthesia/ Lysis of Adhesion  
Postoperative Protocol  
Referral for Rehabilitation Services

Patient Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

\_\_\_\_\_/ Week \_\_\_\_\_ Weeks

Sling for comfort first 24 hours – discontinue when block wears off  
Advance rehabilitation as pain and motion allows  
Therapy to begin evening of surgery with home motion program  
Motion program to be done 5-6 times daily while awake

**Phase 1 - Passive**

Start Immediately

**Begin:**

1. Pendulums to warm-up
2. Begin in supine position for elevation and external rotation and progress to upright
3. Aggressive stretching in all planes: forward flexion, external rotation (neutral, 90 degree of shoulder abduction), internal rotation for posterior capsule (cross-arm adduction, under chin, towel stretch behind back)

**Phase 2 - Active**

Progress as tolerated  
within 1-2 weeks

**Begin:**

1. Pendulums to warm-up
2. Return to supine for elevation, progress to upright
3. Continue external and internal rotation
4. Continue emphasis on all stretches

**Phase 3 - Resistive**

Progress as soon as tolerated

**Begin:**

1. Pendulums to warm-up
2. Full motion in all planes with no restrictions
3. Continue with Phase 2

**Return to Activities**

Computer  
Recreational Sports

Immediately  
As tolerated, usually 2-3 months

*I hereby certify these services as medically necessary for the patient's plan of care.*

\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date