

# Manipulation Under Anesthesia (Shoulder) Protocol

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## **A. Phase I: Aggressive ROM maintenance Inflammation reduction**

1. Anti-inflammatory
  - a. Oral med as physician feels appropriate
  - b. Frequent cryotherapy
  - c. PT modalities as indicated
2. Exercise
  - a. PROM in all planes
  - b. Emphasis on Low-Load-Long-Duration stretches/PROM work
  - c. Stress frequency and need for diligence with HEP
  - d. Daily physical therapy at minimum for 1-2 weeks starting the 1 day after procedure

## **B. Phase II Strength Return to function**

1. Continue anti-inflammatory measures as needed
2. Exercise
  - a. Continue diligent, frequent ROM work
  - b. Transition to AROM and strengthening