



MANIPULATION UNDER ANESTHESIA



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MUA - Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L Manipulation Under Anesthesia Shoulder for Adhesive Capsulitis

Frequency: 2-3 times per week for _____ weeks, Therapy to start within 24-48 hours after MUA

Phase I: Maintain ROM (0 to 6 weeks)

- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be used for comfort only.
- Scapular ROM exercises.
- Pulleys or Continuous Passive Motion (CPM) machine to be used 3-5 times per day.
- Supplement exercise program 3 times per day:
 - Immediate elbow, forearm, and hand range of motion out of sling.
 - Pendulum exercises.
 - Aggressive PROM and capsular mobility in all planes.
- Supervised PROM and capsular stretching 3 times per week.
- May start active scapular mobility exercises immediately.
- Initiate AROM when tolerated.

Phase II: Restore Function (>6 weeks)

- Initiate gentle rotator cuff strengthening (Theraband, dumbbells, etc)
- Continue scapular stabilizer strengthening.
- Avoid strengthening in positions of impingement.
- Resume Rotator Cuff Protocol if applicable

Signature: _____

Date:

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