

# TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

## MUA and Capsular Releases

### General:

- Sling for comfort – discard within several days
- Advance rehab as tolerated – no pain, no gain
- Outpatient PT 5x/week for 2 weeks if able then progress to 2-3x/week as needed

### Phase 1 – Passive

#### Week 0-2:

- *Pendulums to warm up*
- 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

#### Week 5-6:

- *Pendulums to warm-up*
- Progress when PROM allows
- Active Range of Motion with terminal stretch

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## **Phase 3 – Resisted**

### **Week 7-12:**

- *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 Activity**

Computer	1-2 weeks
Recreational Sports	2-3 months

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