

# Postoperative Rehabilitation Protocol for Shoulder LOA & MUA



Dr. MacLean

Therapy should be started within 1-2 days after surgery (ideally the next day). It is suggested to continue therapy 3 times per week. It is critical to supplement with a home exercise program to progress ROM when not in supervised therapy.

## Immediately post-op (0-2 weeks)

### GOALS

- Maximize PROM and AROM immediately after surgery
- Minimize pain with use of modalities PRN

### PRECAUTIONS

- No sling use after surgery with isolated LOA/MUA

### RANGE OF MOTION

- Full ROM exercises to degrees achieved after LOA/MUA
  - Start with AAROM (canes/pulleys) and then progress
- Continue to increase ROM as tolerated to restore full ROM

### STRENGTHENING

- Light rotator cuff and periscapular strengthening as tolerated by motion

## Postoperative weeks 2+

### GOALS

- Minimize pain and restore normal ROM

### RANGE OF MOTION

- Restore full AROM to full as tolerated
- Continue modalities PRN to assist with motion increases

### STRENGTHENING

- Increase strengthening exercises for rotator cuff and periscapular muscles as tolerated by ROM

*If you have any problems or questions,  
please call your doctor's office (8am-5pm).  
Answering service for after hours.*

667 KINGSBOROUGH SQ, STE 300  
CHESAPEAKE, VA 23320  
P 757.422.8476 | F 757.425.8476  
ORTHOVIRGINIA.COM