Salina Regional Orthopedic Clinic
Salina Regional Health Center

Kellie Middleton, MD, MPH
520 S. Santa Fe Ave., Suite #400, Salina, KS 67401
Ph: (785) 452-7366 | Fax: (785) 452-7354
www.salinaregionalorthopedicclinic.com

Manipulation under Anesthesia Arthroscopic Release Steadman Hawkins Protocol

*Sling for comfort – discard within several days
*Advance rehab as tolerated – no pain, no gain
*CPM ordered for hospital & home use – for immediate use – 1 hour AM & PM to increase motion

*Inpatient therapy:	Begin in recovery room (3-4x/day for LOS) Aggressive stretch in all planes per orders, stabilize GH joint due to anesthesia/decreased motor control
*Outpatient therapy:	5x/week for 2 weeks, progress to 2-3x/week as needed
Phase 1 – PASSIVE	*Pendulums to warm-up* *Passive ROM and terminal stretching*
Week 1-3	Supine→Seated External Rotation – Full Supine→Seated Forward Elevation - Full Internal rotation – Full (with towel) Cross body horizontal adduction Sleeper stretch
Phase 2 – ACTIVE	*Pendulums to warm-up* *Active ROM with terminal stretch*
Week 4-6	Progress when PROM allows
Phase 3 – RESISTED	*Pendulums to warm-up and continue with phase 2*
Week 10-12	Progress when AROM allows External and Internal Rotation Standing forward punch Seated Rows/Shoulder Shrugs Bicep Curls/Bear Hugs

Weight Training

Per PT discretion	Keep hands within eyesight, keep elbows bent, no long lever arms Minimize overhead activities (below shoulder) (No military press, pull-down behind head, or wide grip bench)

Return to Activities

Computer	1-2 weeks
Recreational Sports	2-3 months

Other activities per surgeon/PT discretion