

Dr. Stephanie Muh Protocol		
2799 W Grand Blvd 12 th Floor Detroit MI 48202 313-916-2181		6777 W Maple Rd West Bloomfield MI 48322 247-661-6470
MUA/Arthroscopic Release		
Sling Use	<ul style="list-style-type: none"> • Sling comfort only (completely d/c'ed by 1 week) 	
General Info	<ul style="list-style-type: none"> • **** advance rehab as tolerated – NO PAIN, NO GAIN • Aggressive stretching in all planes 	
Phase I: (Passive)	Week 0-1	<ul style="list-style-type: none"> • Pendulums to warm-up • Passive ROM and terminal stretching • Supine-seated ER and FE – full • Internal rotation – full • Cross arm push • Internal rotation with towel • External rotation in door • Door Hang • Behind head push • 90-90 external rotation in door • Side-lying posterior capsule stretch (sleeper stretch)
Phase II: (active/assistive)	Progress when passive motion allows	<ul style="list-style-type: none"> • Pendulums to warm-up • AAROM with terminal stretch • See above exercises • Scapular mobilization
Phase III: (resisted)	Progress when active motion allows	<ul style="list-style-type: none"> • pendulums to warm up and continue with phase 2 • External and Internal rotation • Standing forward punch • Seated rows • Bicep curls • PRE's for periscapular strengthening
Phase IV (strengthening)	<ul style="list-style-type: none"> • Per PT discretion 	
Return to activities	Immediately – computer, eating, holding a book at waist, typing, writing 2-3 months – recreational sports	