

Name _____

Date _____

Physician _____



proaxistherapy™

Patient Flow Sheet

Manipulation Under Anesthesia/Arthroscopic Release

*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, 1 hour PM to increase motion-use it to stretch

*In hospital therapy: Aggressive stretching in all planes, stabilizing GH joint due to anesthesia & decreased motor control

*Outpatient Therapy: 4-5x/day at home
2-5x/ week at therapy

Phase 1 - (PASSIVE) Pendulums to warm-up

Week 0-2 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)

Weeks 4-6

Pendulums to warm-up

Progress when PROM allows

Active Range of Motion with terminal stretch

Phase 3 - (RESISTED)

Weeks 6-8

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 Activities

Computer 1-2 weeks

Recreational sports 2-3 months

Other activities per surgeon/PT discretion

Surgeon Comments

Therapist Name _____