

# **MUA/Arthroscopic Release or Open Release**

## **Day 1:**

Passive & active ROM is begun

Ensure the joint is taken through all planes of movement

Book out patient physio appointment within 3 days

Reduce pain to enable ROM to be achieved

Restore full ROM as quickly as possible through passive & active assisted exercise, maintain & improve this range

Improve shoulder strength through a graduated strengthening programme

Continue physio until the patients' full potential has been reached

## **Return to functional activities**

As soon as pain allows

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