



# Rehabilitation Protocol: Adhesive Capsulitis

## Post-Op Week 1-8

#### **ROM**

- Aggressive passive ROM
- Begin with forward flexion, external rotation and internal rotation with the elbow at 90° and the arm at the side.
- Rotation may also be performed with arm in the slightly abducted position.
- Home exercise/stretching program to be performed by the patient 3-5x per day.
- Sustained stretch of 15-30 seconds should end every ROM routine
- Anterior and posterior capsular stretches.
- No restriction on ROM, but the patient and therapist must communicate to avoid injuries. If it is felt that progress is not being made, please call the office.

## Strength

Gentle strengthening of rotator cuff and scapular stabilizers may be done, but focus should be on ROM

## Brace

• No shoulder brace

### **Modalities**

- Ultrasound as needed
- Moist heat prior to therapy
- Ice for 15-20 minutes after therapy

#### **Medications**

• Improving ROM in the setting of adhesive capsulitis may be **painful**. To facilitate therapy, you may be prescribed a pain medication to be taken before every therapy visit.

## Goals of phase:

- Improve shoulder discomfort
- See noticeable gain in shoulder motion

## Post-Op Week 8-16

### **ROM**

Continue PROM, AROM, AAROM

•	<u>Exercises</u>	<u>Goal</u>
	Forward flexion	0-140°
	External rotation	0-45°
	Internal rotation	T12

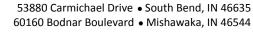
• Continue capsular stretches

## Strength

- Rotator cuff strengthening in all planes 3x/week
- Start with isometric strengthening
- Progress to Theraband strengthening
- Progress to dumbbells
- Scapular stabilization program

#### **Modalities**

As needed



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- Moist heat prior to therapy
- Ice 15-20 minutes after therapy

## Goals of phase:

- Achieve normal or near-normal ROM
- Control pain
- Successful participation in activities of daily living

## **Protocol Modifications:**