



NONOPERATIVE ADHESIVE CAPSULITIS PT PROTOCOL

- Outpatient pain medication and modalities
 - Ice, heat, ultrasound, etc
- Apply modalities with shoulder at end range (comfortable) position (not arm at side)
- A/AA/PROM
 - No limitations, focus on IR and ER at 90° ABD in supine position.
 - Try to preserve as much IR and ER as possible.
- Emphasize GENTLE PROM to start
- Work in pain-free arc, but emphasize modalities to stretch.
- Work on full flexion and abduction.
 - Emphasize glenohumeral motion, block scapulothoracic motion with abduction/ flexion from 0-80°.
- Rotator cuff and scapular stabilization program exercises
 - Begin at 0° and progress to 45°/90° as tolerated pain-free
- Home Exercise program
- Stretches to be done 3-4 times a day for 1-15 minutes per session