



Nonoperative adhesive capsulitis protocol

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

- 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 of stretches to be done 3-4 times a day for 1-15 minutes per session

Modalities

Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before/after

Ice before/after Trigger points massage Therapist's discretion