

## Rehabilitation Protocol: Adhesive Capsulitis

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### 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 3M 5x per day.
- Sustained stretch of 15M 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 Dr. Ussef

#### 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
- Exercises

	<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

- 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:**

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**

**Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_