

## 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
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|-------------------|-------------|
| <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

- 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:**