



Lisa Kaplin, DO

NONOPERATIVE ADHESIVE CAPSULITIS

1. PT PROTOCOL

- **Outpatient pain medication and modalities** . Ice, heat, ultrasound, etc
- **Apply modalities** with shoulder at end range (comfortable) position (not arm at side)
- **Active/Active assisted/Passive range of motion (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