



Adhesive Capsulitis Non-Operative Rehabilitation Protocol

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PT Frequency: 2-4 times per week with emphasis on home exercise/stretching program

ROM Restrictions: No restrictions

Range of Motion: AROM, AAROM, and PROM – no limitations

- Focus on IR and ER at 90° ABDuction 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

Strengthening: Rotator cuff and scapular stabilization program exercises, begin at 0 and progress to 45/90 as tolerated pain-free

Modalities: Per therapist, including electrical stimulation, ultrasound, heat, ice, etc.

- Apply modalities with shoulder at end range (comfortable) position (not arm at side)

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