



Dr. Anthony Romeo, Orthopaedic Surgeon
DMG Orthopaedics | Bone, Joint & Spine Center

Phone (Ortho): 630.790.1872
Fax: 630.348.3926

Nonoperative Adhesive Capsulitis Protocol

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: _____ times per week | Duration: _____ 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.

Comments:

Additional:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities:

___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis ___ TENS ___ Heat
before/after

___ Ice before/after ___ Trigger points massage ___ Other: _____

___ Therapist's discretion

Signature: _____

Date: _____