

Nonoperative Adhesive Capsulitis Protocol for Frozen Shoulder



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ weeks

- » Outpatient pain medication and modalities
- » 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 10-15 minutes per session

Additional:

- ☐ Teach HEP ☐ Work Hardening/Work Conditioning ☐ Functional Capacity Evaluation

Modalities:

- ☐ Ice or cryotherapy before/after ☐ Heat before/after ☐ Electric Stimulation ☐ TENS ☐ Ultrasound
- ☐ Trigger points massage ☐ Dry needling ☐ Therapist's discretion

Signature: _____ Date: _____

Want to learn more? Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at anthonyromeomd.com. ➔

