ADHESIVE CAPSULITIS (NON-OPERATIVE)

Date of Surgery: _____

- A/AA/PROM – no limitations, focus on IR and ER at 90o ABD in supine position (sleeper stretch). 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 0-80o.
- Rotator cuff and scapular stabilization program exercises, begin at 0o and progress to 45o/90o as tolerated pain-free
- Home Exercise program of stretches to be done 3-4 times a day for 1-15 minutes per session
- Outpatient pain medication and modalities – ice, heat, ultrasound, etc
- Apply modalities with shoulder at end range (comfortable) position (not arm at side)

Modalities/Other: