

Physical Therapy Prescription for:

_____**Diagnosis:** _____ **Shoulder Adhesive Capsulitis****Plan:** **Non-operative Management****Rx:** **Eval & Treat. 3-4x/week x 6 weeks then 2x/week x 6 weeks**

- Current range of motion:
 - FE: _____ ER: _____ ABD: _____ IR: _____
- Modalities PRN (massage therapy, manual edema control, cryotherapy, neuromuscular facilitation, etc.)
- Please instruct the patient and, if possible, a family member on proper techniques for home exercises

Phase 1 – Weeks 1 to 6 (Goals: Improve ROM and Decrease Pain)

- PT 3-4x/week
- Progress range of motion – no restrictions
- Stretching – Hold each stretch for 20 seconds, repeat 3 times. Perform 2-3 times per day
 - Posterior capsular stretches
 - Sleeper Stretches – perform at 70, 90, and 110 degrees of shoulder flexion when able
 - Cross body stretch
 - Inferior capsule stretches
 - Wall walking
 - Anterior capsule stretches
 - Doorway external rotation
 - Broomstick external rotation
- Must not let pain be limiting factor to maintaining motion obtained in the operating room – please consult physician if this is an issue
- Recommend pre-medication (Tylenol/Anti-inflammatories) prior to PT sessions to maximize visit effectiveness

Phase 2 - Weeks 6 to 12 (Goal: Resume normal function):

- PT 2x/week
- Increase strength with resistive exercises
- Scapular and trapezius strengthening
- Scapular positioning and stability exercises
- Progress to rotator cuff strengthening as last stage