



TJ Ridley, MD

Phone: 763-717-4120 | Website: TJRidleyMD.com | Instagram: @dr._ridley

Frozen Shoulder Nonoperative Rehabilitation Protocol

Patient: _____

Date: _____

MODALITIES

- Ice, heat, ultrasound, etc.
- Apply modalities with shoulder at end range (comfortable) position (not arm at side)

MOTION

- 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°

STRENGTHENING

- 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