

Adhesive Capsulitis (Frozen Shoulder) Release PT Protocol

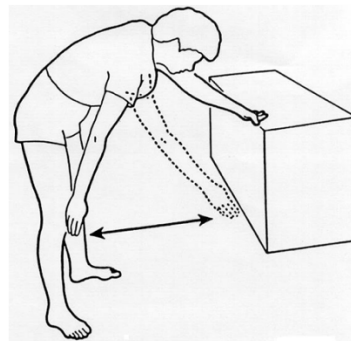
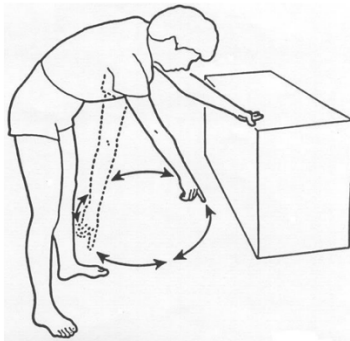
PHASE I: MAINTAIN ROM (0 TO 6 WEEKS)

- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be used for comfort only.
- PT to begin POD 1 with supervised PROM and capsular stretching 3 times per week.
- Supplement exercise program 3 times per day at home:
 - Immediate elbow, forearm and hand range of motion out of sling
 - Pendulum exercises
 - Aggressive PROM and capsular mobility in all planes
- May start active scapular mobility exercises immediately.
- Initiate AROM when tolerated.

HOME EXERCISES

Pendulums: Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it in a circular motion both clockwise and counter clockwise. Keep your circles within the width of your feet.

Codmans: Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it forward & back as well as side-to-side motion.



PHASE II: RESTORE FUNCTION (>6 WEEKS)

- Initiate gentle rotator cuff strengthening (Theraband, dumbbells, etc)
- Continue scapular stabilizer strengthening.
- Avoid strengthening in positions of impingement.