

## **Nonoperative Adhesive Capsulitis (Frozen Shoulder) Rehabilitation Program**

**Nicholas M. Capito, MD**

- Outpatient pain medication and modalities – ice, heat, ultrasound, etc
- Apply modalities with shoulder at end range (comfortable) position (not arm at side)
- A/AA/PROM – no limitations, focus on IR and ER at 90o 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 0-80deg.
- Rotator cuff and scapular stabilization program exercises, begin at 0deg and progress to 45deg/90deg as tolerated pain-free
- Home Exercise program of stretches to be done 5 times a day for 1-15 minutes per session