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## Rehabilitation Instructions:

# Adhesive Capsulitis (Nonoperative Treatment)

- **Range of Motion:** initially PROM in pain free arc then progress with help of modalities to stretch, increasingly vigorous and terminal capsular stretches in all planes, AROM as tolerated, try to preserve as much ER and IR as possible, work on full elevation in scapular plane with emphasis on glenohumeral motion while blocking scapulothoracic motion
- **Exercises with emphasis on home program (daily, 3-4 sessions/day):** supine well arm assisted elevation and ER with stick, table slides, wall walks, door stretches in adduction and abduction, sleeper stretches
- **Strengthening:** may incorporate per therapist's preference without limitations, however focus and home program should emphasize motion and not strength
- **Modalities:** Per therapist, consider applying modalities at end range (comfortable) position (not with arm at the side), may include electrical stimulation, ultrasound, heat (before), ice (after)