

Shawn Hennigan, M.D.
2323 N. Casaloma Dr
Appleton, WI 54913
www.ShawnHenniganMD.com



Physical Therapy Prescription- Adhesive Capsulitis (Nonoperative Treatment)

Name: _____ **Date:** _____

Diagnosis: R / L shoulder adhesive capsulitis

- Initial goals:**
- Reduce pain & inflammation
 - Preserve ER & IR
 - Initially move through comfortable ROM
 - Educate on HEP, including terminal stretching in 4 quadrants
 - Prefer frequent stretches of shorter duration (10 minutes, 6 X/day)
 - Apply heat before stretch, and ice after
- Intermediate goals:**
- Increase functional stretches
 - Improve ROM gradually, controlled pain
 - Add some strengthening exercises
 - Never at expense of increasing pain
- Range of Motion:**
- PROM-AROM, no limitations
 - Focus on IR & ER at 90 ABD in supine position
 - Emphasize GENTLE PROM to start
 - Work in pain free arc, emphasis of modalities to stretch
 - Work on full flexion, and ABD, block scapulothoracic motion
- Strengthening:**
- Rotator cuff and scapular stabilization exercises
 - Begin with arm by side
 - Progress to 45 and 90 ABD as tolerated
- Modalities:**
- Per therapist
 - Most helpful to apply these with shoulder at/near end range of motion (not with arm by side)