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Sports Medicine, Work-Related Injuries & Conditions,
General Orthopedics, Upper Extremity

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Operative Adhesive Capsulitis Protocol

Name _____ **Date** _____

Procedure _____

Procedure Date _____

Frequency 5x/week for 2 weeks then 3x/week for 4 weeks

Weeks 0-6:

- Patient to be seen daily for first 2 weeks then 3 times a week for 4 weeks unless directed otherwise by MD
- Apply modalities with shoulder at end range, comfortable position; not with arm at side
- PROM/AAROM/AROM no limitations; focus on IR and ER at 90 °ABD in supine position; try to preserve as much IR and ER as possible
- Sleeper stretch, wall ER neutral, hand behind head ER stretch
- Monitor pain with PROM, be aware of inflammatory tissues
- Glenohumeral and scapulothoracic joint mobilizations
- Initiate RTC and scapular stabilization program exercises, begin with bands in neutral then progress with light dumbbells
- Home exercise program of stretches with sets designed for 3-4x per day

Comments:

Teach HEP _____

Modalities PRN

Every patient's therapy progression will vary to a degree depending on many factors. Please use your best clinical judgment on advancing a patient. If other ideas are considered to improve patient's outcome do not hesitate to call.

Patient's recovery is a team approach: Patient, family/friend support, therapist, and surgeon. Every team member plays an important role in recovery.

Signature _____ **Date** _____