



# Goshen Physicians

ORTHOPEDICS & SPORTS MEDICINE

## Adhesive Capsulitis Protocol

### **Week 1-4:** Frequency 2x per week

- Patient education on the prognosis and plan for treatment. Education on ROM exercises and stretches that pt should be completing indep and daily, and education on pain and pain control with exercise.
- PROM and AAROM exercises (Wand exercises, pulleys, table slides, wall slides, IR towel stretch)
- Manual Techniques: Consisting of ROM and joint mobility techniques.

### **Week 4-8:** Frequency 1x per week

- Frequency can be decreased as pt is starting to become more indep with HEP.
- Continue Manual Techniques as needed for ROM progression.
- Progress ROM exercises to AROM and light resistance, emphasize that achieving ROM is more important than strength.
- If pt has plateau in progress during this phase communicate with MD to determine further treatment options.