



G&T ORTHOPAEDICS AND SPORTS MEDICINE

PATIENT NAME: _____

DATE: _____

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ADHESIVE CAPSULITIS

PHASE 1: MODALITIES TO DECREASE PAIN AND INFLAMMATION.

START PROM AND AAROM AS TOLERATED. TEACH HOME STRETCHING PROGRAM TO BE DONE DAILY BY PATIENT. EMPHASIZE FORWARD ELEVATION BEFORE PUSHING ROTATION.

PHASE 2: AS PAIN SUBSIDES AND MOTION STARTS TO INCREASE:

START LIGHT ISOMETRIC EXERCISES AND MODALITIES. STOP IF PAIN INCREASES OR MOTION DECREASES.

PHASE 3: WHEN MOTION IS AT LEAST 80% OF NORMAL, ROTATOR CUFF STRENGTHENING PROGRAM MAY BEGIN. EMPHASIZE ISOMETRICS, CLOSED CHAIN AND THERABAND.

PHASE 4: TEACH HOME MAINTENANCE STRETCHING AND STRENGTHENING PROGRAM. NSAIDS AND ICE FOR RECURRENT DISCOMFORT.

FREQUENCY: _____ DURATION: _____

SIGNATURE: _____, M.D.