

## **Adhesive Capsulitis Protocol**

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#### **Phase one (acute phase):**

**Goals** = Resting pain 0/10

- Increase PROM by 30% of GH joint in all planes
- 1.  Joint mobilization - grades 1 and 2 for pain and relaxation
- 2.  PROM in pain-free level of tolerance
- 3.  AAROM
  - Wand flexion, ER
  - Pulleys flexion, scaption, abduction
  - Tie/towel stretch for IR
- 4.  Codman's pendulums with 0# to 1#
- 5.  Quadruped protraction/retraction
- 6.  When resting pain 0/10, add rows, shrugs
- 7.  ESTIM for pain
- 8.  Ice

#### **Phase two (restorative phase):**

**Goals** = Pain <3/10

- GH PROM >150 degrees flexion and abduction; 45 degrees ER and IR
- Pt independent in HEP for shoulder ROM, coordination
- Involved shoulder at > 75% functional level of uninvolved shoulder
- 1.  Progress to grade 3/4 joint mobilizations as tolerated
- 2.  Continue scapular stabilization
- 3.  Aggressive stretches
  - Door/wall stretch for anterior chest
  - Heat/prolonged stretched
  - Contract-relax
- 4.  Continue AAROM, progress to AROM, minimizing substitutions
- 5.  Begin rotator cuff PREs:  ER/IR with theraband
  - Flexion
  - Scaption
- 6.  Work into overhead ranges as able
- 7.  Modalities prn for pain
- 8.  Theraband for reaching in multiple planes/directions
- 9.  Sport-specific/job-specific/functional simulation