**ADHESIVE CAPSULITIS/FROZEN SHOULDER &**

**POST OP ARTHROSCOPIC RELEASES FOR ADHESIVE CAPSULITIS**

**0-2/13 WEEKS**: REHAB SPECIFICATIONS : **( 3 or 4x/wk)**

PROM/AAROM/AROM IN ALL PLANES; PROGRESS AS

TOLERATED

- POST –OP IMMOBILIZER BRACE FOR 2-3 WEEKS UNTIL

SUFFICIENTLY MOBILE TO KEEP OUT OF EXTREME IR

- INSTRUCTION OF PROPER HOME ROM FUNCTION

EXERCISES:

- WAND

- PENDULUMS/CODMAN’S

- ELBOW/WRIST/HAND ROM/GRIP STRENGTHENING

- HOME PULLEY – PLS INSTRUCT ON USE

- ROM GUIDELINES: PROGRESS AS TOLERATED; THESE ARE

MINIMUM GUIDELINES!! NEED TO ADVANCE TO FULL ROM

AS QUICKLY AS POSSIBLE, ESPECIALLY IN THE POST-OP

PATIENT

o FORWARD FLEXION- 0-90 DEGREES OR TO HIGHEST END

RANGE

o ABDUCTION – 0-90 DEGREES OR TO HIGHEST END RANGE

o **ACHIEVE FULL AND SYMMETRIC PASSIVE ER & IR**

**ASAP, ESPECIALLY ER/ER WITH ABD!!**

o SCAPULAR ELEVATION AND RETRACTION EXERCISES

o PERI-SCAPULAR ISOMETRICS

**2-4/13 WEEKS**: REHAB SPECIFICATIONS: **(3 or 4x/wk)**

**-** CONTINUE WITH JOINT PROTECTION USING

IMMOBILIZER BRACE, IF NECESSARY

- MAY BEGIN AQUATIC ACTIVITIES

- GOAL: CONTINUE WITH ROM PROGRESSION TO ACHIEVE

FULL, SYMMETRIC ROM

o INCREASE FORWARD FLEXION – 0-135 DEG

o INCREASE ABDUCTION – 0-135 DEG

o ACHIEVE FULL AND SYMMETRIC ER & IR

EXERCISES:

o PROGRESS ROTATOR CUFF STRENGTHENING WITH

ISOMETRICS

o PROGRESS INTO AROM PRE’S WITH LIGHT

WEIGHT/RESISTANCE

o BEGIN THERABAND EXERCISES AS TOLERATED

o PERI-SCAPULAR RESISTANCE EXERCISES

o AQUATICS W/EMPHASIS ON STRENGTHENING

**4-6/13 WEEKS**: REHAB SPECIFICATIONS: **(3x/wk)**

GOAL: ACHIEVE FULL, SYMMETRIC ROM BY END OF WEEK 6!!

o CONTINUE WITH ROM PROGRESSION

o FORWARD FLEXION – 0-180 DEG

o ABDUCTION – 0-180 DEG

o ER/IR – FULL/SYMMETRIC

EXERCISES:

o CONTINUE WITH PROGRESSION AS TOLERATED

o BEGIN ROTATOR CUFF STRENGTHENING WITH

ISOMETRICS

o PROGRESS INTO AROM PRE’S WITH LIGHT

WEIGHT/RESISTANCE

o CONTINUE AQUATICS W/EMPHASIS ON STRENGTHENING

**6-8/13 WEEKS**: REHAB SPECIFICATIONS: **(2-3x/wk)**

- GOAL: FULL ROM REACHED IN ALL PLANES

- MONITOR/EDUCATE PROPER MECHANICS

o AVOID HIKING

o AVOID IMPINGEMENT

o ENCOURAGE SCAPULAR DEPRESSION

EXERCISES:

o CONTINUE WITH PROGRESSION AS TOLERATED

**8-13/13 WEEKS**: REHAB SPECIFICATIONS: **(2-3x/wk)**

UNRESTRICTED STRENGTHENING AND PROGRESS TOWARD

MORE FUNCTIONAL, SPORTS, RECREATIONAL, OR WORK–

RELATED ACTIVITIES

- EDUCATE PROPER MECHANICS

EXERCISES:

o UE AND LE WORKOUT

o PROGRESSIVE THERABAND FOR ROTATOR CUFF

o PROGRESS ALL PRE’S

o BEGIN FUNCTIONAL STRENGTHENING: EMPHASIZE

SCAPULA MUSCLES/LATS/BICEPS/TRICEPS

**13-16 WEEKS**: REHAB SPECIFICATIONS: **(1-2x/wk)**

**-** PREPARE PATIENT FOR DISCHARGE THROUGH

RELATIONSHIP WITH WORK-HARDENING/FCE, ATHLETIC

TRAINER, STRENGTH SPECIALIST, ETC.

- PATIENT SHOULD HAVE A GOOD, COMPREHENSIVE HOME

PROGRAM WITH EMPHASIS ON PROPER TECHNIQUE

EXERCISES:

o CONTINUE GENERAL STRENGTHENING

PROGRAM IN CLINIC AND @ HOME

o PROGRESS TO PLYOMETRICS/ECCENTRICS/DYNAMIC

STRENGTHENING AS TOLERATED