

Bonnie P. Gregory, MD
NON-OPERATIVE ADHESIVE CAPSULITIS
REHABILITATION PROTOCOL

Range of Motion Focus	Exercises and Strengthening
<p>Emphasize GENTLE PROM to start</p> <p>A/AA/PROM – no limitations focus on IR and ER at 90° ABD in supine position. Try to preserve as much IR and ER as possible</p> <p>Work in pain-free arc, but emphasize modalities to stretch.</p> <p>Work on full flexion and abduction. Emphasize glenohumeral motion, block scapulothoracic motion with abduction / flexion from 0-80°.</p>	<p>Rotator cuff and scapular stabilization program exercises, begin at 0° and progress to 45°/90° as tolerated pain-free</p> <p>Home Exercise program of stretches to be done 3-4 times a day for 1-15 minutes per session</p>

- ❖ **Outpatient pain medication and modalities – ice, heat, ultrasound, etc**
- ❖ **Apply modalities with shoulder at end range (comfortable) position (not arm at side)**

For any questions or concerns regarding the protocol or rehabilitation process please contact:

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