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## Adhesive Capsulitis Rehab Protocol

Adhesive capsulitis (commonly referred to as “frozen shoulder”) is usually a self-limiting condition. It generally responds to a non-aggressive approach. A home exercise program is vital for these patients as well as total patient compliance.

### Goals

- Restore normal range of motion
- Decrease pain and inflammation
- Patient education

### Brace

- UltraSling external rotation (0 to 4 weeks)

### Exercise

- **Home Exercise Program**

- Self-mobilization
- Self-stretches through low-load prolonged stretch
- Cane/wand activities
- Distal joint range of motion (elbow and wrist flexion/extension/pronation/supination)

- **Aquatic Therapy** (one time per week if available)

- Deep water exercises: i.e. cycling and jogging
- Shallow water exercises: i.e. upper extremity range of motion, self-stretching utilizing the water’s buoyancy

- **Land Therapy** (at least one to two times per week, depending on availability of aquatic therapy)

- Grade II to III joint mobilization
- Gentle passive range of motion within pain-free tolerance
- Hot pack prior to mobilization/passive range of motion in low-load prolonged stretch positions (five minutes each position)
- Cardiovascular training to promote oxygen intake, increase metabolism, increase endorphin release
- Scapular strengthening