



TEXAS BONE & JOINT

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Adhesive Capsulitis Operative and Non-operative Protocols

The intent of this protocol is to provide the clinician with a guideline of postoperative rehabilitation course. It is not intended to be a substitute for appropriate clinical decision making regarding the progression of a patient's postoperative course. The actual post-surgical physical therapy management must be based on the surgical approach, physical exam/findings, individual progress, and/or the presence of post-operative complications. If a clinician requests assistance in the progression of a patient post-surgery, they should consult Dr. Payne.

DIAGNOSIS: _____ **SHOULDER ADHESIVE CAPSULITIS**

PLAN: **NON-OPERATIVE TREATMENT** **or** **OPERATIVE TREATMENT**

Rx: **PHYSICAL THERAPIST EVAL & TREAT 3-4x/WEEK FOR 6 WEEKS, THEN 2x/WEEK FOR 6 WEEKS**

CURRENT ROM: **FF:** _____ **ER:** _____ **ABD:** _____ **IR:** _____

_____ Modalities PRN:

- Massage therapy
- Manual edema control
- Cryotherapy
- Neuromuscular facilitation
- Other modalities per therapist discretion
- Please instruct the patient and, if possible, a family member on proper techniques for home exercises

NONOPERATIVE PROTOCOL:

Phase I: Weeks 1-6 (Goals: Improve ROM and Decrease Pain)

- PT 3-4x/week
- Progress ROM - no restrictions
- Stretching: Hold each stretch for 20 secs, repeat 3 times. Perform 2-3 times/day.
 - Posterior capsular stretches
 - Sleeper stretches - perform at 70, 90, 110 degrees of shoulder flexion when able
 - Cross body stretch
 - Inferior capsular stretches
 - Wall walking
 - Anterior capsular stretches
 - Doorway external rotation
 - Broomstick external rotation
- Must not let pain be limiting factor to maintaining motion obtained in the operating room

- Recommend pre-medication (Tylenol/ Anti-inflammatories) prior to PT sessions to maximize visit effectiveness

Phase 2: Weeks 6-12 (Goals: Resume Normal Function):

- PT 2x/week
- Increase strength with resistive exercises
- Scapular and trapezius strengthening
- Scapular positioning and stability exercises
- Progress to rotator cuff strengthening as last stage

OPERATIVE PROTOCOL

DATE OF SURGERY:

Rx: PHYSICAL THERAPIST EVAL & TREAT 3-4x/WEEK FOR 6 WEEKS, THEN 2x/WEEK FOR 6 WEEKS

Immediate Postoperative Period:

- Sling for comfort only
- Maintain ROM obtained in the operating room
FF: _____ ER: _____ ABD: _____
- Modalities PRN
- 1st therapy visit **must** be within 1-2 days of the surgical procedure
- Please instruct the patient and, if possible, a family member on proper techniques for home exercises

Phase I: Weeks 1-6 (Goals: Improve ROM and Decrease Pain)

- PT 3-4x/week
- No sling
- Progress to full range of motion - no restrictions
- Must not let pain be limiting factor to maintaining motion obtained in the operating room.
- Stretching: Hold each stretch for 20 secs, repeat 3 times. Perform 2-3 times/day.
- Recommend pre-medication prior to PT sessions to maximize visit effectiveness.

Phase 2: Weeks 6-12 (Goals: Resume Normal Function):

- PT 2x/week
- Increase strength with resistive exercises
- Scapular and trapezius strengthening
- Scapular positioning and stability exercises
- Progress to rotator cuff strengthening as last stage

Special Instructions/Precautions:
