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Patient name: _____

Date: _____

**PHYSICAL THERAPY PRESCRIPTION AND PROTOCOL:
Adhesive Capsulitis**

Phase I:

- If an intraarticular injection has been performed, do not start PT until 7-10 days later.
- Modalities to decrease pain and inflammation
- Start passive range of motion and active assisted range of motion as tolerated.
- Teach home stretching program to be done daily by patient.
- Emphasize forward elevation before pushing rotation.

Phase II:

As pain subsides and motion starts to increase -

- Continue modalities as needed.
- Advance motion as tolerated in all planes.
- Start light isometrics.
- Stop if pain increases or motion begins to decrease.

Phase III:

When motion is at least 80% of normal -

- Begin rotator cuff strengthening program.
- Emphasize isometrics, theraband and closed chain exercises.

Phase IV:

As patient maximizes gains –

- Teach home maintenance stretching and strengthening program.
- Ice and ibuprofen / anti-inflammatories for recurrent discomfort.

Frequency: 2-3x per week

Duration: 12-16 weeks

Special instructions: _____

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