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## ADHESIVE CAPSULITIS

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Phase 1:** Modalities to decrease pain and inflammation. Start PROM and AAROM as tolerated. Teach home stretching program to be done daily by patient. Emphasize forward elevation before pushing rotation.

**Phase 2:** As pain subsides and motion starts to increase start ube and light isometrics. Stop if pain increases or motion decreases.

**Phase 3:** When motion is at least 80% of normal, rotator cuff strengthening program may begin. Emphasize isometrics, closed chain and theraband.

**Phase 4:** Teach home maintenance stretch and strengthen program. Advil and ice for recurrent discomfort.

FREQ: \_\_\_\_\_ DURATION: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_, M.D.

ADDITIONAL COMMENTS: \_\_\_\_\_