

**(PROTOCOL #14) STIFFNESS/ADHESIVE CAPSULITIS PROTOCOL**

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The following is a set of general guidelines. It is important to remember that each patient is different. The progression of the patient depends on many factors including age and medical health of the patient and physician preferences.

<b>PHASE</b>	<b>FUNCTIONAL PROGRESSION/ACTIVITIES</b>	<b>GOALS/RESTRICTIONS</b>
Post-op to 8 weeks	Moist heat prior stretching PROM/gentle stretching-all directions Supine stick external rotation, forward flexion Pendulum; pulley forward flexion and abduction Internal rotation up back; supine CAD Supine stick press Isometrics: Deltoids (anterior, middle, posterior) biceps/triceps, ER/IR, scapular retraction Modalities as needed; joint mobs AROM UBE	DASH questionnaire at time of evaluation and every 4 weeks 5 days per week Decrease pain Increase ROM to WFL  <b>*NO STRENGTHENING UNTIL ROM PLATEAUED</b>
8-10 weeks	All of the above including: If motion improved add theraband exercises 1-2 week period to progress; every other day to start Start internal/external rotation then add flexion/extension and then abduction Begin with arm at 45°, after 2 weeks can do daily Then progress to full arc extension 90°	Continue to decrease pain Movement reeducation for Glenohumeral and Scapulohumeral rhythm Activities whenever patient feels comfortable Progress to all 5 planes
12 weeks	All of the above including: Bicep/Triceps dumbbell Functional specific exercises	

**Refer to enclosed table for suggested exercises which optimize muscle function based on EMG activity.**

2002

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Approved By:

Physician reserves the right to adjust these protocols for each patient.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Robert M. Doane, M.D., P.C.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
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