

NON-OPERATIVE REHABILITATION PROTOCOL

# Non-Operative Adhesive Capsulitis

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

## Comprehensive Treatment Program

### GOALS FOR THIS PHASE

- Aggressively restore active, active-assisted, and passive ROM in all planes.
- Emphasize external and internal rotation.
- Progress rotator cuff and deltoid strengthening from isometrics to isotonics.
- Incorporate scapular stabilization throughout.
- Use modalities as needed to support ROM and pain control.

### Range of Motion

- Aggressive range of motion: active / active-assisted / passive in all planes.
- Posterior capsule stretching after warm-up.
- Emphasize external/internal rotation.

### Strengthening

- Rotator cuff and deltoid isometrics.
- Rotator cuff, deltoid, and scapular stabilization program exercises.
- Begin below horizontal.
- Begin with isometrics for rotator cuff, progress to Theraband, then isotonics.

### Modalities

- Modalities PRN — ultrasound, phonophoresis, e-stim, moist heat, ice.

*This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.*