

# Brandon Beamer M.D - *Orthopedic Sports Medicine Specialist*

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## **NONOPERATIVE ADHESIVE CAPSULITIS PROTOCOL**

- Outpatient pain medication and modalities – ice, heat, ultrasound, etc
- Apply modalities with shoulder at end range (comfortable) position (not arm at side)
- A/AA/PROM – no limitations, focus on IR and ER at 90° ABD in supine position. Try to preserve as much IR and ER as possible.
- Emphasize GENTLE PROM to start
- Work in pain-free arc, but emphasize modalities to stretch.
- Work on full flexion and abduction. Emphasize glenohumeral motion, block scapulothoracic motion with abduction / flexion from 0-80°.
- Rotator cuff and scapular stabilization program exercises, begin at 0° and progress to 45°/90° as tolerated pain-free
- Home Exercise program of stretches to be done 3-4 times a day for 1-15 minutes per session