

Adhesive Capsulitis Rehabilitation Guidelines

<p>Goals</p>	<ul style="list-style-type: none"> ➤ Achieve normal, pain free PROM/AROM without restrictions ➤ Physical therapy to begin immediately post-operatively (Day 1-3) ➤ Achieve normal rotator cuff strength with proper glenohumeral mechanics
<p>Guidelines</p>	<ul style="list-style-type: none"> ➤ Modalities PRN ➤ Glenohumeral and scapular joint mobs ➤ PROM/stretching ➤ HEP consisting of stretches, RTC and scapular stabilizer strengthening ➤ <u>Maintain proper glenohumeral mechanics</u>