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Adhesive Capsulitis Rehabilitation Guidelines

Goals	<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
Guidelines	<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>