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**ADHESIVE CAPSULITIS/FROZEN SHOULDER &
POST OP ARTHROSCOPIC RELEASES FOR ADHESIVE CAPSULITIS**

0-2/13 WEEKS: REHAB SPECIFICATIONS : (3 or 4x/wk)

PROM/AAROM/AROM IN ALL PLANES; PROGRESS AS TOLERATED

- POST -OP IMMOBILIZER BRACE FOR 2-3 WEEKS UNTIL SUFFICIENTLY MOBILE TO KEEP OUT OF EXTREME IR

- INSTRUCTION OF PROPER HOME ROM FUNCTION EXERCISES:

- WAND

- PENDULUMS/CODMAN'S

- ELBOW/WRIST/HAND ROM/GRIP STRENGTHENING

- HOME PULLEY - PLS INSTRUCT ON USE

- ROM GUIDELINES: PROGRESS AS TOLERATED; THESE ARE MINIMUM GUIDELINES!! NEED TO ADVANCE TO FULL ROM AS QUICKLY AS POSSIBLE, ESPECIALLY IN THE POST-OP PATIENT

o FORWARD FLEXION- 0-90 DEGREES OR TO HIGHEST END RANGE

o ABDUCTION - 0-90 DEGREES OR TO HIGHEST END RANGE

o **ACHIEVE FULL AND SYMMETRIC PASSIVE ER & IR ASAP, ESPECIALLY ER/ER WITH ABD!!**

o SCAPULAR ELEVATION AND RETRACTION EXERCISES

o PERI-SCAPULAR ISOMETRICS

2-4/13 WEEKS: REHAB SPECIFICATIONS: (3 or 4x/wk)

- CONTINUE WITH JOINT PROTECTION USING IMMOBILIZER BRACE, IF NECESSARY

- MAY BEGIN AQUATIC ACTIVITIES

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- GOAL: CONTINUE WITH ROM PROGRESSION TO ACHIEVE FULL, SYMMETRIC ROM

- o INCREASE FORWARD FLEXION - 0-135 DEG
- o INCREASE ABDUCTION - 0-135 DEG
- o ACHIEVE FULL AND SYMMETRIC ER & IR

EXERCISES:

- o PROGRESS ROTATOR CUFF STRENGTHENING WITH ISOMETRICS
- o PROGRESS INTO AROM PRE'S WITH LIGHT WEIGHT/RESISTANCE
- o BEGIN THERABAND EXERCISES AS TOLERATED
- o PERI-SCAPULAR RESISTANCE EXERCISES
- o AQUATICS W/EMPHASIS ON STRENGTHENING

4-6/13 WEEKS: REHAB SPECIFICATIONS: **(3x/wk)**

GOAL: ACHIEVE FULL, SYMMETRIC ROM BY END OF WEEK 6!!

- o CONTINUE WITH ROM PROGRESSION
- o FORWARD FLEXION - 0-180 DEG
- o ABDUCTION - 0-180 DEG
- o ER/IR - FULL/SYMMETRIC

EXERCISES:

- o CONTINUE WITH PROGRESSION AS TOLERATED
- o BEGIN ROTATOR CUFF STRENGTHENING WITH ISOMETRICS
- o PROGRESS INTO AROM PRE'S WITH LIGHT WEIGHT/RESISTANCE
 - o CONTINUE AQUATICS W/EMPHASIS ON STRENGTHENING

6-8/13 WEEKS: REHAB SPECIFICATIONS: **(2-3x/wk)**

- GOAL: FULL ROM REACHED IN ALL PLANES

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- MONITOR/EDUCATE PROPER MECHANICS

o AVOID HIKING

o AVOID IMPINGEMENT

o ENCOURAGE SCAPULAR DEPRESSION

EXERCISES:

o CONTINUE WITH PROGRESSION AS TOLERATED

8-13/13 WEEKS: REHAB SPECIFICATIONS: **(2-3x/wk)**

UNRESTRICTED STRENGTHENING AND PROGRESS TOWARD MORE FUNCTIONAL, SPORTS, RECREATIONAL, OR WORK-RELATED ACTIVITIES

- EDUCATE PROPER MECHANICS

EXERCISES:

o UE AND LE WORKOUT

o PROGRESSIVE THERABAND FOR ROTATOR CUFF

o PROGRESS ALL PRE'S

o BEGIN FUNCTIONAL STRENGTHENING: EMPHASIZE SCAPULA MUSCLES/LATS/BICEPS/TRICEPS

13-16 WEEKS: REHAB SPECIFICATIONS: **(1-2x/wk)**

- PREPARE PATIENT FOR DISCHARGE THROUGH RELATIONSHIP WITH WORK-HARDENING/FCE, ATHLETIC TRAINER, STRENGTH SPECIALIST, ETC.

- PATIENT SHOULD HAVE A GOOD, COMPREHENSIVE HOME PROGRAM WITH EMPHASIS ON PROPER TECHNIQUE

EXERCISES:

o CONTINUE GENERAL STRENGTHENING

PROGRAM IN CLINIC AND @ HOME

o PROGRESS TO PLYOMETRICS/ECCENTRICS/DYNAMIC STRENGTHENING AS TOLERATED