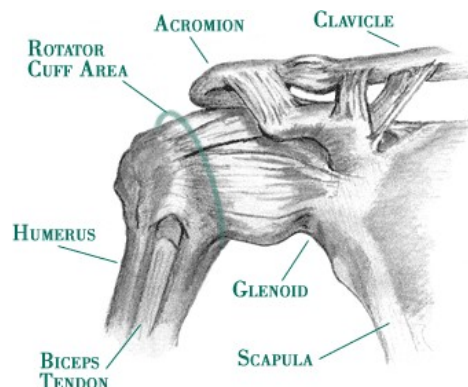




## Adhesive Capsulitis **PROTOCOLS**

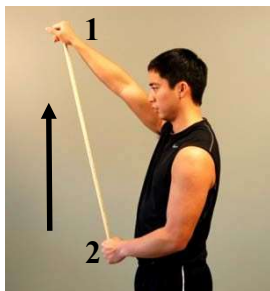
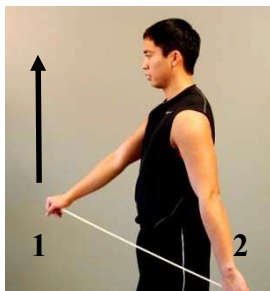
### BACKGROUND

- **Description**
  - Typically between ages of 40-65
  - Thickening of the capsule around the shoulder
- **Causes:**
  - Previous shoulder injury
  - Immobilization
  - Diabetes
  - Thyroid problems
- **Progression**
  - 1<sup>st</sup> Stage "Freezing" stage
    - Increased pain, decreased motion
    - Can last 1-9 months
  - 2<sup>nd</sup> Stage "Frozen" stage
    - Decreased pain, but stiffness remains
    - Can last 4-9 months
  - 3<sup>rd</sup> Stage "Thawing" stage
    - Slow return of motion
    - Can last 5 months to 2 years



- **Conservative treatment**
  - Symptoms typically resolve on their own, regardless of treatment or no treatment.
  - Physical therapy
  - Medication
  - Injections

### Stretching exercises



#### **Passive Forward Flexion**

Using a broom or rod, grasp the end with hand 1 and the other end with hand 2

Use hand 2 to passively raise hand 1 up until a stretch is felt  
Hold the position for 10 seconds and return to starting position

**Frequency:** 3 sets of 10 reps. 2-3 times a day.

**Goal:** Increase/maintain shoulder range of motion



#### **Passive Abduction**

Grasp the end of the rod with hand 1 and the other end with hand 2  
Use hand 2 to passively raise hand 1 up to the side until a stretch is felt

Hold the stretch for 10 seconds and returns to starting position

**Frequency:** 3 sets of 10 reps. 2-3 times a day.

**Goal:** Increase/maintain shoulder range of motion.



#### **Passive External Rotation**

Grasp the end of the rod with hand 1 and the middle of the rod with hand 2

Use hand 2 to passively rotate hand 1 to the side while keeping the elbow in

Hold the stretch for 10 seconds and returns to starting position

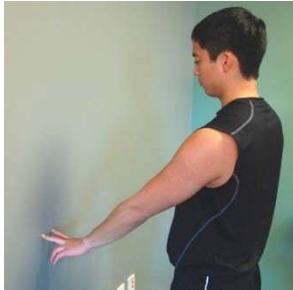
**Frequency:** 3 sets of 10 reps. 2-3 times a day.

**Goal:** Increase/maintain shoulder range of motion.



## Adhesive Capsulitis **PROTOCOLS**

### Stretching exercises

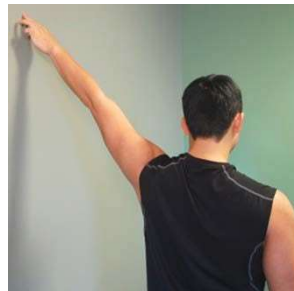
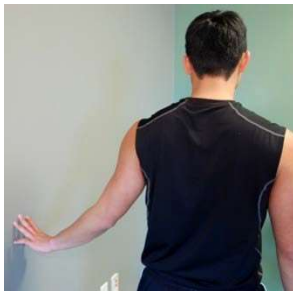


### **Forward Wall Climbers**

Patient stands facing the wall 2 feet from the wall  
Slowly walk fingers up the wall as high as possible  
Hold at the top for 10 seconds then slowly lower

**Frequency:** 5 times. 2-3 times per day

**Goal:** Increase/maintain shoulder range of motion.



### **Side Wall Climbers**

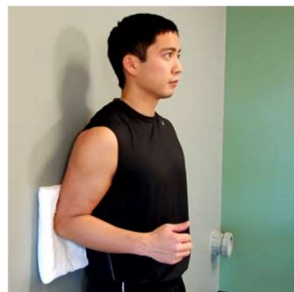
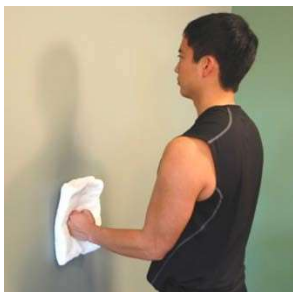
Patient stands with their involved shoulder 2 feet from the wall

Slowly walk fingers up the wall as high as possible  
Hold at the top for 10 seconds then slowly lower

**Frequency:** 5 times. 2-3 times per day

**Goal:** Increase/maintain shoulder range of motion.

### SHOULDER STRENGTH EXERCISES:



### **Isometric: Flexion / Extension**

Stand with good posture, squeeze shoulders back.  
Bend and hold elbow at 90°.

**Flexion:** Push hand into wall.

**Extension:** Push elbow into wall.

Hold 5 sec. Repeat **TEN** times.

**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of Deltoid Muscles.



### **Isometric: ABduction / ADduction**

Stand with good posture, squeeze shoulders back.  
Bend and hold elbow at 90°.

**ABduction:** Start hand on stomach.

Pull hand away from your stomach.

**ADduction:** Start hand away from stomach.

Pull hand into your stomach.

Hold 5 sec. Repeat **TEN** times.

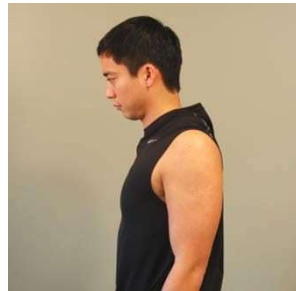
**Frequency:** 1 set. Three times a day.

**Goal:** Increase strength of Rotator Cuff Muscles.



## Adhesive Capsulitis **PROTOCOLS**

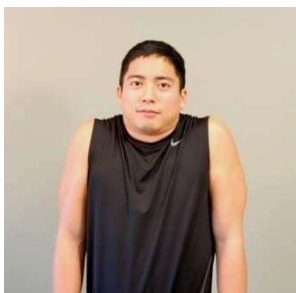
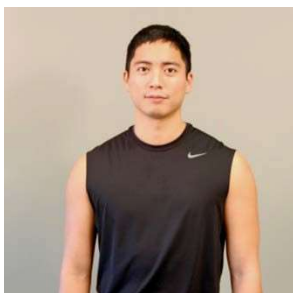
### SHOULDER STRENGTH EXERCISES:



### **Scapular Retraction (Shoulder Blade Squeezes)**

Relax head and neck.  
Stand with good posture, squeeze shoulders back.  
Avoid shrugging shoulders. Keep abs tight.  
Hold 10 sec.  
Relax shoulder. Repeat 10 times.

**Frequency:** 1 set. Three times a day.  
**Goal:** Increase strength of scapular stabilizing muscles.



### **Scapular Elevation (Shoulder Shrugs)**

Relax head and neck.  
Stand with good posture.  
Squeeze shoulder up towards your ears.  
Keep abs tight and hold 10 sec.  
Relax shoulders. Repeat 10 times.

**Frequency:** 1 set. Three times a day.  
**Goal:** Increase strength of scapular stabilizing muscles.



### **External Rotation**

Attach theraband to a stable object at waist level.  
Roll shoulder back and down and maintain this position.  
Place towel between elbow and side.  
Slowly rotate hand **AWAY** from the abdomen.  
Hold 5 sec. Repeat 10 times

**Frequency:** 1 set. Three times a day.  
**Goal:** Increase strength of rotator cuff muscles.



### **Internal Rotation**

Attach theraband to a stable object at waist level.  
Roll shoulder back and down and maintain this position.  
Place towel between elbow and side.  
Slowly rotate hand **TOWARDS** the abdomen.  
Hold 5 sec. Repeat 10 times

**Frequency:** 1 set. Three times a day.  
**Goal:** Increase strength of rotator cuff muscles.

### **Side note:**

Do not perform exercises that increase your pain during or after the exercise.