

Adhesive Capsulitis

1 - 6 weeks (Goals: Increase ROM and Decrease Pain)

- PT 3-4x/week as directed by physician • Progress to full range of motion – no restrictions
- Must not let pain be limiting factor to maintaining motion. Please consult physician if this is an issue.
- Recommend pre-medication prior to PT session to maximize visit

6 – 12 weeks (Goal: Resume normal function)

- Increase strength – resistive