## ROCHESTER REGIONAL HEALTH

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## **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