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Physical Therapy Protocol

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
- Scapular stabilization, periscapular strengthening
- Teach home stretching program including sleeper stretches
- Recommend pre-medication or modalities prior to PT session to maximize visit

6 – 12 weeks (Goal: Resume normal function)

- Increase strength – resistive
- Rotator cuff strengthening
- Periscapular strengthening