

NASSOS ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

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PATIENT NAME: _____

DATE: _____

ADHESIVE CAPSULITIS

PHASE 1: MODALITIES TO DECREASE PAIN AND INFLAMMATION.

START PROM AND AAROM AS TOLERATED. TEACH HOME
STRETCHING PROGRAM TO BE DONE DAILY BY PATIENT.
EMPHASIZE FORWARD ELEVATION BEFORE PUSHING ROTATION.

PHASE 2: AS PAIN SUBSIDES AND MOTION STARTS TO INCREASE:

START LIGHT ISOMETRIC EXERCISES AND MODALITIES.
STOP IF PAIN INCREASES OR MOTION DECREASES.

PHASE 3: WHEN MOTION IS AT LEAST 80% OF NORMAL, ROTATOR CUFF
STRENGTHENING PROGRAM MAY BEGIN. EMPHASIZE ISOMETRICS,
CLOSED CHAIN AND THERABAND.

PHASE 4: TEACH HOME MAINTENANCE STRETCHING AND STRENGTHENING
PROGRAM.
NSAIDS AND ICE FOR RECURRENT DISCOMFORT.

FREQUENCY: _____ DURATION: _____

SIGNATURE: _____ JONATHAN T. NASSOS, M.D.