



**Columbia University
Shoulder, Elbow and Sports
Medicine Service**

**Physical Therapy Protocol
Adhesive Capsulitis**

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www.nyp.org/columbiaortho

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