



Adhesive Capsulitis R / L

Physical Therapy Referral

Peter G. Noordsij, M.D.

Patient Name: _____ DOB: _____

Precautions/notes:

1. _____
2. _____
3. _____

- Treatment:
1. Pain Relief (is first goal)*
 2. Range of Motion *
 - A. Initially Pendulums Only
 - B. Wall climb
 - C. Pulleys
 - D. Do **Not** Push Prom Too Early (will exacerbate pain/stiffness)**
 3. Aquatic Therapy (may help facilitate rom)
 4. Scapular Stabilization
 5. Iontophoresis W/ Dexamethasone 0.4%
 6. Phonophoresis W/ Betamethasone 0.1%
 7. Ultrasound
 8. Strengthening (isometrics → theraband → pre⊘)
 9. Develop Home Exercise Program

*May Not Be Able To Facilitate Increased Rom Until Pain Decreases

**Be Careful Not To Push Prom Efforts Too Early As Will Often Exacerbate Symptoms

Frequency: 2 Times Per Week For 8 ó 12 Weeks

Peter G. Noordsij, MD

Date

*e-mail with questions at peter.noordsij@concordortho.com or call my secretary at 603-224-3368.