

# 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.