



Rehabilitation Protocol Frozen Shoulder Release

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PHASE I: MAINTAIN ROM

(0 to 6 weeks)

- Patients may shower post-op day # 2.
- Sutures will be removed by surgeon in 7 to 10 days.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be used for comfort only.
- CPM to be used 3-5 times per day.
- Supplement exercise program 3 times per day:
 - Immediate elbow, forearm and hand range of motion out of sling
 - Pendulum exercises
 - Aggressive PROM and capsular mobility in all planes
- Supervised PROM and capsular stretching 3 times per week.
- May start active scapular mobility exercises immediately.
- Initiate AROM when tolerated.

PHASE II: RESTORE FUNCTION

(>6 weeks)

- Initiate gentle rotator cuff strengthening (Theraband, dumbbells, etc)
- Continue scapular stabilizer strengthening.
- Avoid strengthening in positions of impingement.