



# Kansas City Orthopedic Alliance

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## **Rehabilitation Protocol: Frozen Shoulder Release**

### **Phase I (0-3 weeks): Prevent Stiffness and Maintain ROM**

- Sling should be used for comfort only. Discontinue by day 1-2.
- Supplement exercise program 3 times per day
  - Immediate elbow, forearm, and hand ROM out of sling
  - Pendulum exercises
  - Aggressive PROM and capsular mobility in all planes
- Supervised PROM and capsular stretching 3 times per week, initial 3 weeks
- May start active scapular mobility exercises immediately
- Initiate AROM when tolerated

### **Phase II (3+ weeks): Restore Function**

- Initiate gentle rotator cuff strengthening
  - TheraBand, dumbbells, etc...
- Continue scapular stabilizer strengthening
- Add strengthening in positions of impingement
- Resume sport specific activities progressing towards full activity