

PT- Frozen Shoulder

## PHYSICAL THERAPY PRESCRIPTION

DIAGNOSIS: FROZEN SHOULDER

### SPECIFIC INTERVENTIONS:

ROM- work on passive, active assisted, and active motion

Pulleys OK for advancing ROM

Focus on hands on manipulation and internal/external rotation.

### Strengthening

Begin with isometrics for deltoid, trapezius.

Advance to scapular stabilization exercises.

Rotator cuff strengthening exercises OK.

Biceps stretching/modalities as indicated by PT

### LIMITATIONS:

None except as limited by pain

Treatment: 1-2 times per week

Duration: 6-8 weeks

Evaluate and treat per therapist plan

Please call the office for renewals as needed.