

UCLA OUTPATIENT REHABILITATION SERVICES

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Place label here

NAME OF PATIENT: _____

MRN: _____

Kristofer J. Jones, M.D.

Sports Medicine, Shoulder Surgery and Cartilage Restoration
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FROZEN SHOULDER PHYSICAL THERAPY PRESCRIPTION

Diagnosis: (LEFT / RIGHT) Adhesive Capsulitis (Frozen Shoulder)

Cause of frozen shoulder:

- Idiopathic: The cause is not known, but typically affects females more than males aged 40-60.
- Systemic: Associated with a systemic condition such as diabetes or hypothyroidism.
- Secondary: Frozen shoulder can be secondary to trauma or avoidance of painful movements due to another shoulder condition such as a rotator cuff tear, impingement, or tendonitis.

Irritability Level: _____

Stage: _____

UNDERLYING PHILOSOPHY: Restore range of motion first then begin strengthening. This will be a slow process that can take 12-18 months.

___ Range of Motion (Increase IR, ER, FE, ABD) Active / Active-Assisted / Passive

___ Rotator Cuff and Scapular stabilization program exercises, begin below horizontal (ONLY AFTER > 80% OF ROM RESTORED)

___ Progress to 45° / 90° as tolerated in pain free arc

___ Begin with Isometrics for Rotator Cuff
Progress to Theraband, then to Isotonics

___ Progress to Deltoid, Lats, Triceps, and Biceps
Progress scapular stabilizers to Isotonics below horizontal
___ Modalities prn

Treatment: _____ times per week ___ Home Program

Duration: _____ weeks

**Please send progress notes.

Physician's Signature: _____ **Date:** _____
Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon

ADHESIVE CAPSULITIS – “FROZEN SHOULDER”

STAGE 1 0-3 MONTHS
INFLAMMATORY SYNOVITIS (PAIN)
DECREASED RANGE OF MOTION >> DUE TO PAIN

CONSERVATIVE THERAPY – STEROID INJECTION (x2)

STAGE 2 3-9 MONTHS
SYNOVITIS
CAPSULE THICK
STIFF !!!

CONSERVATIVE THERAPY – STEROID HELPS THE PAIN

STIFFNESS - TWO OPTIONS:

- PHYSICAL THERAPY >> STRETCH !!!
- SURGERY >> MANIPULATION UNDER ANESTHESIA

STAGE 3 9-12 MONTHS
STIFF
NO PAIN

STAGE 4 12-24 MONTHS
“THAWING STAGE”
THE BODY REMODELS THE CAPSULE >> FLEXIBILITY