

**H. Scott Ellsworth, MD**

**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

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