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## Physical Therapy Prescription Adhesive Capsulitis

**Patient Name:**

**Today's Date:**

**Dx:**

- Range of Motion Active / Active-Assisted / Passive
- Posterior Capsule Stretching after warm-up
- Emphasize Internal Rotation
- Rotator Cuff and Deltoid Isometrics
- Rotator Cuff and Deltoid Cuff and Scapular Stabilization program exercises
  - Begin below Horizontal
  - Begin with Isometrics for Rotator Cuff
  - Progress to Theraband, then to Isotonics
- Limit ER to neutral if Biceps Tendonitis
- Progress to Deltoid, Lats, Triceps and Biceps. Progress Scapular Stabilizers to Isotonics below Horizontal
- Return to Sport Phase:
  - Emphasize Eccentric Rotator Cuff and Scapular Stabilization exercises
  - Sport-specific Strengthening exercises
  - Sport-specific Strengthening with Theraband
  - Plyometric program for Overhead Athletes
- Modalities PRN Ultrasound / Phonophoresis / E-stim / Moist Heat / Ice

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks Home Program

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**