

[Twincitiesshoulderandelbow.com](http://Twincitiesshoulderandelbow.com)  
Dr. Chad Myeroff's Rehabilitation Protocol

Adhesive Capsulitis (Frozen Shoulder) Non-operative

**Three times per day gentle self-guided home stretching program including:**

- A/AA/PROM TID 4-quadrant gentle static progressive stretches
  - Pulleys, table slides, wall climbs, sleeper stretches, supine wand exercises in all planes
- Posture and rhomboid isometrics

\*OK for modalities as indicated including pool therapy, dry needling, massage, acupuncture.

\*Patient with true adhesive capsulitis may benefit from intra-articular glenohumeral steroid injections up to 4 times per year if needed. Please contact my office and we will facilitate if indicated.



More info: [twincitiesshoulderandelbow.com/frozenshoulder/](http://twincitiesshoulderandelbow.com/frozenshoulder/)



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