



PHYSICAL THERAPY PRESCRIPTION

SETH C. GAMRADT, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

Keck School of Medicine of USC

1520 San Pablo Street, Suite 2000

Los Angeles, CA 90033

Phone: 323.442.5860

Fax: 323.442.6952

www.gamradtortho.com

Keck School of
Medicine of USC

PATIENT STICKER

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

SHOULDER PHYSICAL THERAPY PRESCRIPTION

Cause of frozen shoulder:

- 1) Idiopathic: The cause is not known, but typically affects females more than males aged 40---60.
- 2) Systemic: Associated with a systemic condition such as diabetes or hypothyroidism.
- 3) 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

Physician's Signature: _____

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC

