



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

SHOULDER ADHESIVE CAPSULITIS (NON-OP)

NON-OP PHYSICAL THERAPY PROTOCOL

Bryan M. Saltzman, M.D.

Chief, Division of Sports Medicine & Shoulder/Elbow Surgery

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University

Sports Medicine, Cartilage Restoration, Shoulder/Elbow Surgery

IU Health Methodist Medical Plaza North (MSK) – 201 Pennsylvania Pkwy #100,
Carmel, IN 46280

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202
317-944-9400

www.bryansaltzmanmd.com

Patient Name: _____ **Date:** _____

 X Evaluate and Treat

 X Provide patient with home program

Frequency: 2-3 x/week x 6 weeks

Modalities:

 X Phonophoresis with 0.05% Fluocinonide



X Iontophoresis with 4mg/ml Dexamethasone

X Ultrasound

X Dry Needling*

X Electrical Stimulation

Exercises:

X Shoulder Impingement Exercise

X Shoulder Aggressive Hands-on Passive ROM

X Scapular Stabilization Program

Special Instructions:

Shoulder ROM, stretching, strengthening

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would X would not benefit from social services.

Date: _____

Bryan M. Saltzman, MD