

**Balazs Galdi, M.D.**  
140 Bergen Street, ACC D1610  
Newark, NJ 07103  
Tel: (973) 972-8240  
Fax: (973) 972-9367

**ADHESIVE CAPSULITIS (“FROZEN SHOULDER”)  
NON-OPERATIVE PHYSICAL THERAPY PROGRAM**

**1- 6 weeks (Goals: Increase ROM and Decrease Pain)**

- PT 3-4x/week as directed by physician
- Progress to full range of motion – no restrictions
- Must not let pain be limiting factor to maintaining motion. Please consult physician if this is an issue.
- Recommend pre-medication prior to PT session to maximize visit

**6-12 weeks (Goal: Resume normal function)**

- Increase strength – resistive