

Occupational Therapy Toolkit

Adhesive Capsulitis

Functional Limitations:

ADL, IADL, work and leisure impairment
Pain with active and passive ROM
Limited ROM for reaching back and overhead

Occupational Therapy Intervention:

ADL, IADL, work and leisure training using adaptive equipment and /or alternative methods to prevent pain and compensate for limited ROM (fastening a bra in the back, putting on a belt, reaching for a wallet in the back pocket, reaching for a seatbelt, combing the hair, lifting weighted objects)

Early Stages

Provide modalities (TENS, ultrasound, heat before stretching and cold pack after stretching) to decrease pain and inflammation

Provide gentle shoulder stretching activities and exercise to increase ROM

Late Stages

Provide progressive gentle shoulder strengthening activities and exercises to increase ROM and strength

Instruct in pain management techniques

Teach stress management and relaxation techniques, Instruct in coordinating medication peak with exercise and activity, educate in use of superficial heat and cold

Educate to prevent recurrence

Patient Education:

1. Home Exercise Program Face Sheet
2. Superficial Heat
3. Superficial Cold
4. Shoulder Stretching Exercises
5. Shoulder ROM Dowel Exercises
6. Scapular Strengthening
7. Rotator Cuff Strengthening Exercises with Weights
8. Stress Management and Relaxation Techniques