Home Exercise Program for Frozen Shoulder/Adhesive Capsulitis

- Perform the exercises in the order listed.
- Apply moist or dry heat to the shoulder for 5 or 10 minutes before the exercises and during the external rotation passive stretch.
- If you experience pain during or after the exercises, discontinue the exercises and call your doctor.
- For the exercise that uses a stick, you may use a yardstick or stick of similar size.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

### Home Exercise Program for Frozen Shoulder

<table>
<thead>
<tr>
<th>Exercise Type</th>
<th>Muscle Group</th>
<th>Number of Repetitions/Sets</th>
<th>Number of Days per Week</th>
<th>Number of Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pendulum</td>
<td>Deltoid and rotator cuff</td>
<td>15 repetitions/3 times per day</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Passive external rotation stretch</td>
<td>Anterior capsule</td>
<td>5 repetitions/3 times per day</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Passive internal rotation stretch</td>
<td>Subscapularis, Pectoralis major and minor</td>
<td>5 repetitions/3 times per day</td>
<td>5 to 6</td>
<td>3 to 4</td>
</tr>
<tr>
<td>Supine forward flexion</td>
<td>Inferior capsule</td>
<td>5 repetitions/3 times per day</td>
<td>Daily</td>
<td>3 to 4</td>
</tr>
</tbody>
</table>

**Pendulum**

- Lean forward, supporting the body with one arm and relaxing the muscles of the other arm so that it hangs freely.
- Gently move the arm in forward-and-back, side-to-side, and circular motions.
- Perform 15 repetitions in each direction 3 times per day.
- Repeat on the other side.
Frozen Shoulder

**Passive External Rotation Stretch**
- Stand in a doorway, facing the doorjamb.
- With the affected arm held next to your side and the elbow bent 90°, grasp the edge of the doorjamb.
- Keep the hand in place and rotate your upper body as shown in the illustration.
- Hold the stretch for 30 seconds, then return to the starting position for 30 seconds.
- Perform 5 repetitions, 3 times per day.
- Repeat on the other side.

**Passive Internal Rotation Stretch**
- Behind your back, grasp the stick with one hand and lightly grasp the other end of the stick with the other hand.
- Pull the stick horizontally as shown so that the arm is passively stretched to the point of feeling a pull without pain.
- Hold for 30 seconds and then relax for 30 seconds.
- Repeat 5 times, 3 times per day.
- Repeat on the other side.

**Supine Forward Flexion**
- Lie on your back with your legs straight.
- With the unaffected arm, grasp the affected arm at the elbow and lift the affected arm overhead until you feel a gentle stretch.
- Hold the stretch for 15 seconds and slowly lower to starting position.
- Perform 5 repetitions, 3 times per day.