

Home Exercise Program for Frozen Shoulder/Adhesive Capsulitis

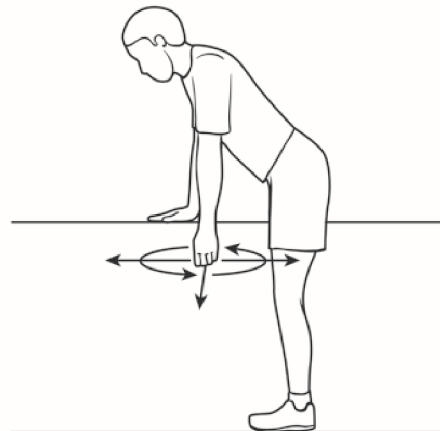
- Perform the exercises in the order listed.
- Apply moist or dry heat to the shoulder for 5 or 10 minutes before the exercises and during the external rotation passive stretch.
- If you experience pain during or after the exercises, discontinue the exercises and call your doctor.
- For the exercise 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

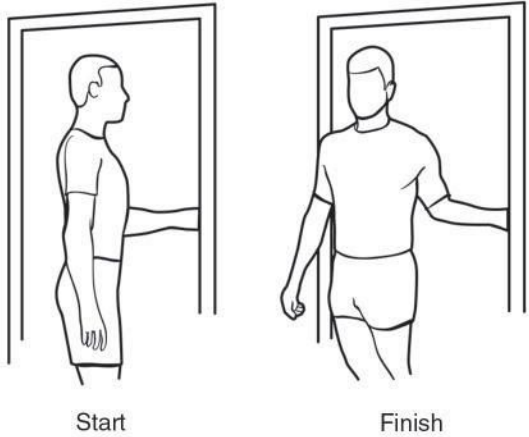
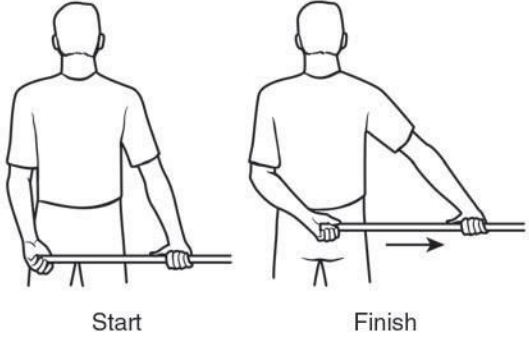
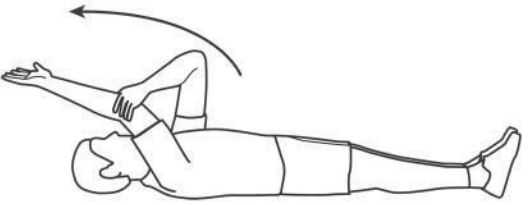
Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Pendulum	Deltoid and rotator cuff	15 repetitions/3 times per day	Daily	3 to 4
Passive external rotation stretch	Anterior capsule	5 repetitions/3 times per day	Daily	3 to 4
Passive internal rotation stretch	Subscapularis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

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

<p>Passive External Rotation Stretch</p> <ul style="list-style-type: none">• 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.	 <p>The illustration shows two stages of the stretch. On the left, labeled 'Start', a person stands in profile in a doorway with their right arm bent at a 90-degree angle and their hand resting on the doorjamb. On the right, labeled 'Finish', the person has rotated their upper body to the right, pulling the shoulder into external rotation.</p>
<p>Passive Internal Rotation Stretch</p> <ul style="list-style-type: none">• 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.	 <p>The illustration shows two stages of the stretch from a rear view. On the left, labeled 'Start', a person holds a horizontal stick behind their back with both hands. On the right, labeled 'Finish', the person has pulled the stick further to the right, as indicated by a red arrow, to stretch the internal rotators of the shoulder.</p>
<p>Supine Forward Flexion</p> <ul style="list-style-type: none">• 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.	 <p>The illustration shows a person lying on their back. They are using their left hand to grasp their right elbow and lift their right arm straight up towards their head. A red arrow indicates the upward movement of the arm.</p>