

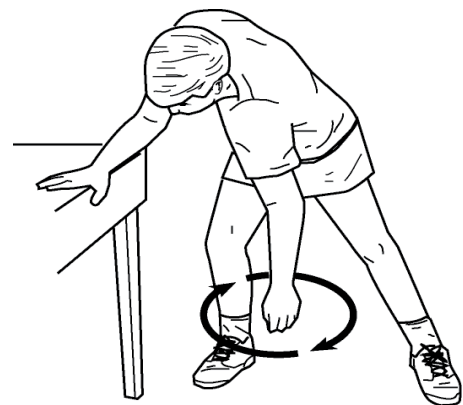
Exercises for a Frozen Shoulder (Adhesive Capsulitis)

Adhesive capsulitis, or “frozen shoulder,” happens when the capsule of your shoulder joint becomes tight or thickened. These changes reduce the range of motion in your shoulder. This can make it hard for you to do activities that require you to reach your arm up and/or away from your side.

The following stretches can help decrease the tightness in your shoulder capsule. They can let the shoulder “thaw” and increase your arm and shoulder movement. Do each stretch slowly and gently. It is important to know that these exercises may be uncomfortable. If you have soreness, it should go away within 15 minutes. Breathe slowly and deeply with each stretch. Try to go a bit further with each stretch.

Pendulums

- Bend at your waist and let your injured/stiff arm dangle down towards the floor.
- Hold on to a table or chair for support.
- Gently rock your body weight from your left to your right foot in a circular motion to move your arm in a circle pattern.
- Change the direction of your circle pattern and move your injured arm in the opposite direction.



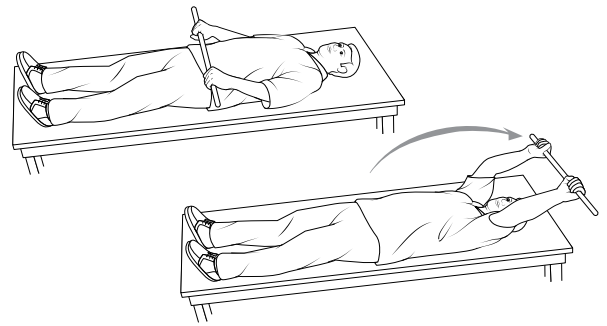
Hold the stretch for _____ seconds.

Do this exercise _____ times, _____ times per day.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

Cane Exercise – Up & Back

- Lie down on your back.
- Hold a cane (or wand, or broomstick) flat across your hips with your elbows straight and palms facing down.
- Use your non-injured arm to help lift the cane up over your head until you feel a stretch in your injured arm.

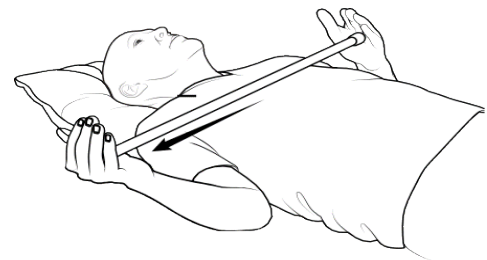


Hold the stretch for _____ seconds.

Do this exercise _____ times, _____ times per day.

Cane Exercise – External Rotation (Out)

- Lie down on your back. Hold a cane (or wand, or broomstick) in your hands.
- Using gentle force with your non-injured arm, push the hand of your injured shoulder out away from your body.
- Keep your elbow at your side. Move your hand as far as it will go without a sharp increase in pain.

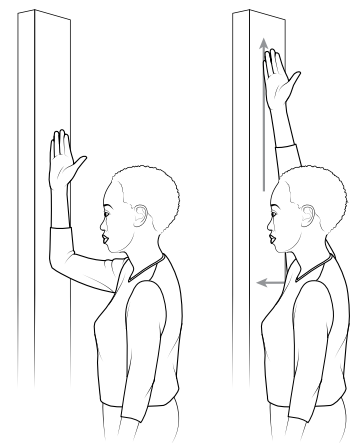


Hold the stretch for _____ seconds.

Do this exercise _____ times, _____ times per day.

Wall Slides - Forward

- Stand facing a wall.
- Extend your injured arm directly in front of you.
Rest your forearm on the wall with your pinky finger against the wall. Take a step in toward the wall.
- Let your arm slide up the wall so that your pinky finger is the only finger that touches the wall.
- Continue until you feel a comfortable stretch.



Hold the stretch for _____ seconds.

Do this exercise _____ times, _____ times per day.

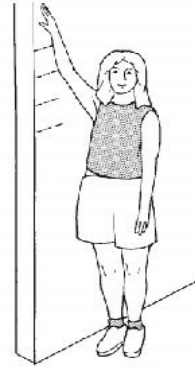
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Wall Slides - To the Side

- Stand close to a wall. Place your forearm and pinky finger against the wall.
- Slide your forearm and hand up the wall until you feel a comfortable stretch.
- Step towards the wall as needed for a stronger stretch.

Hold the stretch for _____ seconds.

Do this exercise _____ times, _____ times per day.

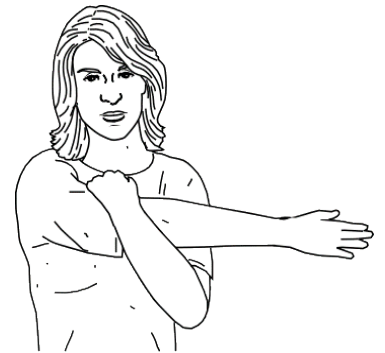


Shoulder Stretch

- Grasp the elbow of your stiff shoulder in the opposite hand.
- Pull your elbow across your chest, toward the opposite shoulder.

Hold the stretch for _____ seconds.

Do this exercise _____ times, _____ times per day.



Towel Stretch

- Hold a towel with your non-injured hand behind your head, letting the towel fall behind your back.
- Gently reach to your low back with your injured arm and grab the end of the towel.
- Gently pull on the towel with your non-injured shoulder, lifting your injured arm up in the back. You will feel a stretch at the front of your shoulder.

Hold the stretch for _____ seconds.

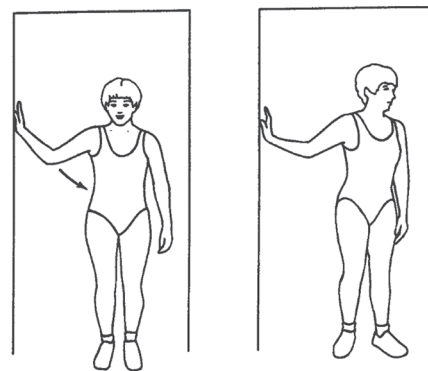
Do this exercise _____ times, _____ times per day.



Exercises for a Frozen Shoulder (Adhesive Capsulitis)

Chest Stretch in Doorway

- Stand next to a wall with your injured arm stretched out directly to your side and your palm flat against the wall.
- Turn your body away from your arm until you feel a comfortable stretch across your chest.



Hold the stretch for _____ seconds.

Do this exercise _____ times, _____ times per day.

Inferior Capsule Stretch

- Sit down. Hold the side of the chair with your injured arm.
- Slowly lean the opposite direction until a gentle stretch is felt in your shoulder.
- Your injured shoulder should be fully relaxed.



Hold the stretch for _____ seconds.

Do this exercise _____ times, _____ times per day.

Sleeper Stretch

- Lie on your side, on your injured shoulder.
- Keep your injured arm out in front of you with your elbow at a 90 degree angle.
- Use your non-injured arm to push downward on your hand to stretch your arm. Keep your elbow bent. Try to push your hand and forearm down towards the table/floor/bed.
- You should feel the stretch at the back of your shoulder.



Hold the stretch for _____ seconds.

Do this exercise _____ times, _____ times per day.

Note: If you are not able to lay on your side, you can do this stretch standing against a wall. Make sure to keep your shoulder and elbow on the wall.



Exercises to Strengthen Shoulder

Once you are able to raise your arm above your head, you may begin to work on strengthening your shoulder. Your physical or occupational therapist will tell you when to start doing the exercises below. These exercises will help you gain strength to lift, carry, push and pull items as before.

Shoulder Isometrics

These exercises include pushing until you feel the muscle tighten in your shoulder. **Do not** push hard while doing these exercises, as that can cause you to have pain. These exercises can be done against a wall or doorway.

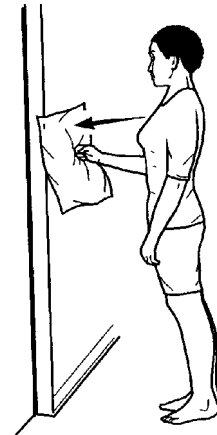
Flexion

- Stand and face the wall. Make a fist with your hand on your injured arm. Put a pillow between the wall and your fist.
- Push your fist in toward the wall.
- Hold and then relax and repeat.

Hold for 6 seconds.

Repeat the exercise 10 times.

Do this exercise _____ times per day.



Extension

- Stand with your back against the wall. Put the pillow between the wall and the elbow of your injured arm.
- Push your elbow back into the wall. You should feel the resistance from the wall on your elbow.

Hold for 6 seconds.

Repeat the exercise 10 times.

Do this exercise _____ times per day.



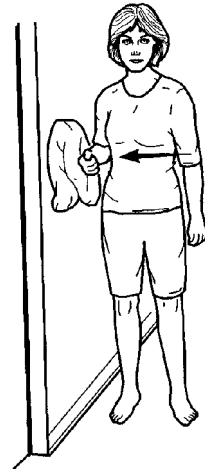
Abduction

- With your injured shoulder towards the wall, put the pillow between the wall and your elbow.
- Hold your arm with your elbow bent.
- Stand with your feet about shoulder width apart for balance.
- Push your elbow towards the wall.

Hold for 6 seconds.

Repeat the exercise 10 times.

Do this exercise _____ times per day.



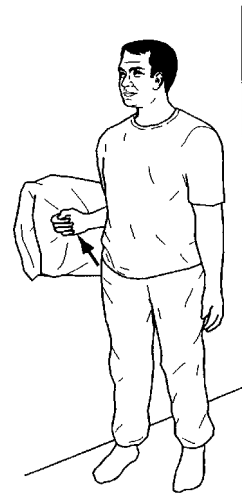
External Rotation (Out)

- With your injured side towards the wall, put the pillow between the wall and your elbow.
- Stand with your feet about shoulder width apart for balance.
- Keep your arm against your side and push your hand out into towards the wall.

Hold for 6 seconds.

Repeat the exercise 10 times.

Do this exercise _____ times per day.



Internal Rotation (In)

- Stand at a corner of the wall or in a doorway so the inside of your injured arm is to the outside of the corner.
- If you use a pillow, place it between the wall and the palm of your palm.
- Keep your elbow in and at your side.
- Push your hand into the wall.

Hold for 6 seconds.

Repeat the exercise 10 times.

Do this exercise _____ times per day.



Resistance Band Exercises

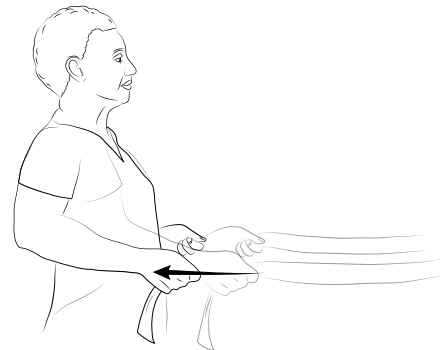
Make sure your resistance band does not become loose. Loop it around the outside doorknob and close the band in the door. Stand upright with good posture and hold the ends of the resistance band in each hand.

Rows

- Keep your elbows bent to 90 degrees.
- Pull the band. Make sure to pinch your shoulder blades together when pulling.

Repeat the exercise _____ times.

Do this exercise _____ times per day.



Shoulder Extensions

- Keep your elbows straight.
- Pull your hands down and back toward your hips or back pockets.

Repeat the exercise _____ times.

Do this exercise _____ times per day.

