

HSS – ERPB

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148 39th St, 7th Floor
Brooklyn, NY

**DR. GABRIELLA ODE**

Sports Medicine & Shoulder Surgery

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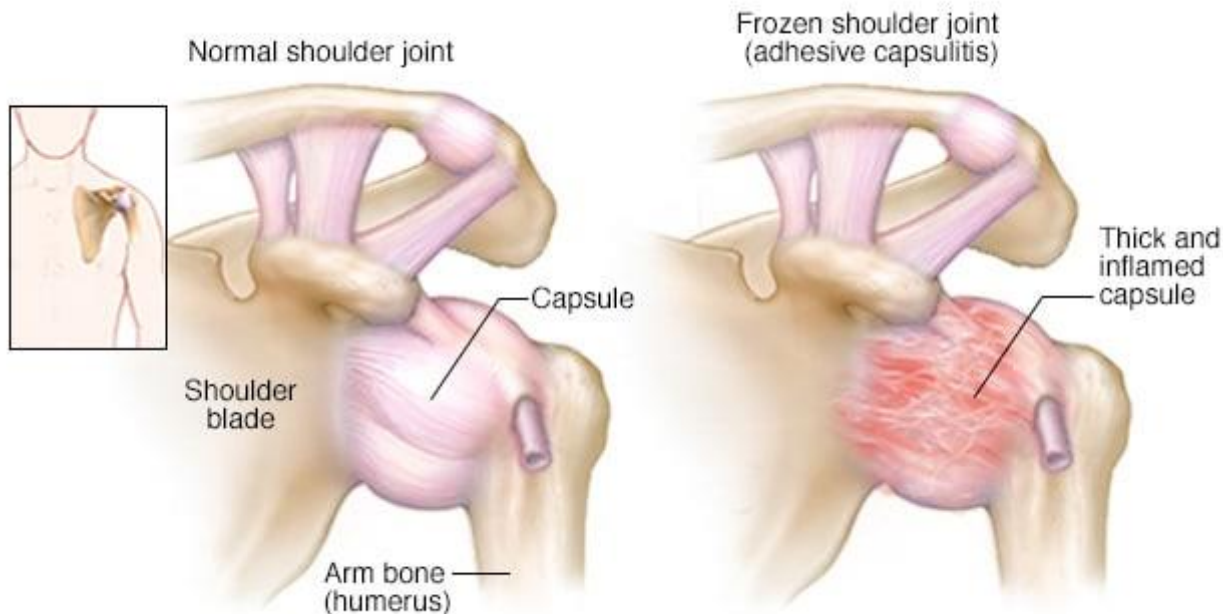
HOME PHYSICAL THERAPY PROGRAM FROZEN SHOULDER

DESCRIPTION

Frozen shoulder, also known as adhesive capsulitis, is a condition characterized by stiffness and pain in your shoulder joint as a result of thickening of the shoulder joint capsule. Signs and symptoms typically begin gradually, worsen over time and then resolve, usually within one to three years.

Your risk of developing frozen shoulder increases if you're recovering from a medical condition or procedure that prevents you from moving your arm — such as a stroke or a mastectomy. Other factors can increase your risk of developing frozen shoulder including a history of diabetes, or thyroid problems.

Treatment for frozen shoulder involves range-of-motion exercises and, sometimes, corticosteroids and numbing medications injected into the joint capsule. In a small percentage of cases, arthroscopic surgery may be indicated to loosen the joint capsule so that it can move more freely.



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DISEASE PROGRESSION

- **1st Stage “Freezing” stage** – Characterized by increased pain, decreased motion. Can last 1-9 months
- **2nd Stage “Frozen” stage** – Characterized by decreased pain, but stiffness remains. Can last 4-9 months

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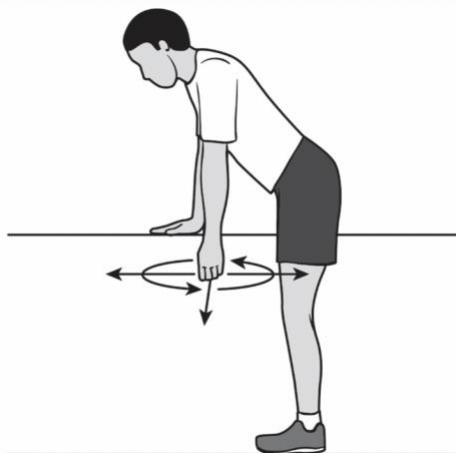
- **3rd Stage “Thawing” stage** – Characterized by slow return of motion. Can last 5 months to 2 years.

HOME EXERCISE PLAN

Perform the following exercises daily in addition to exercises performed with physical therapist guidance for as long as indicated by your doctor.

Stretching Exercises*Pendulums*

- Lean forward and place one hand on a counter or table for support. Let your other arm hang freely at your side.
- Gently swing your arm forward and back. Repeat the exercise moving your arm side-to-side, and repeat again in a circular motion.
- Repeat the entire sequence with the other arm.
- **Frequency:** 2 sets of 10 reps. 2-3 times a day; 6-7 days a week

**Stretching Exercises***Passive Forward Flexion*

- Using a broom or rod, grasp the end with hand 1 and the other end with hand 2
- Use hand 2 to passively raise hand 1 up until a stretch is felt
- Hold the position for 10 seconds and return to starting position
- **Frequency:** 3 sets of 10 reps. 2-3 times a day; 6-7 days a week

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Stretching Exercises <i>Passive Abduction</i>	• Grasp the end of the rod with hand 1 and the other end with hand 2 • Use hand 2 to passively raise hand 1 up to the side until a stretch is felt • Hold the stretch for 10 seconds and returns to starting position • Frequency: 3 sets of 10 reps. 2-3 times a day; 6-7 days a week
Stretching Exercises <i>Passive External Rotation</i>	• Grasp the end of the rod with hand 1 and the middle of the rod with hand 2 • Use hand 2 to passively rotate hand 1 to the side while keeping the elbow in

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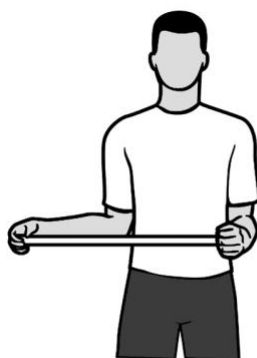


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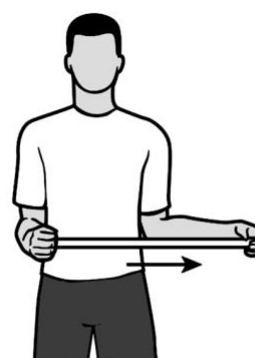
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- Hold the stretch for 10 seconds and returns to starting position
- **Frequency:** 3 sets of 10 reps. 2-3 times a day; 6-7 days a week



Start



Finish

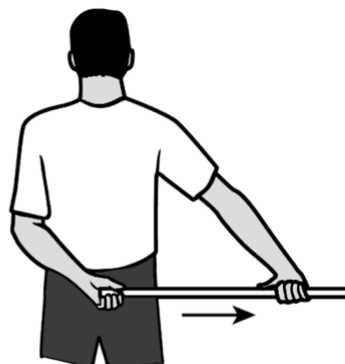
Stretching Exercises

*Passive Internal
Rotation*

- Hold a stick behind your back with one hand, and lightly grasp the other end of the stick with your other hand.
- Pull the stick horizontally as shown so that your shoulder is passively stretched to the point of feeling a pull without pain.
- Hold for 30 seconds and then relax for 30 seconds. Repeat on the other side.
- **Frequency:** 3 sets of 10 reps. 2-3 times a day; 6-7 days a week



Start



Finish

Stretching Exercises

- Stand behind a chair with both hands on the back of the chair.

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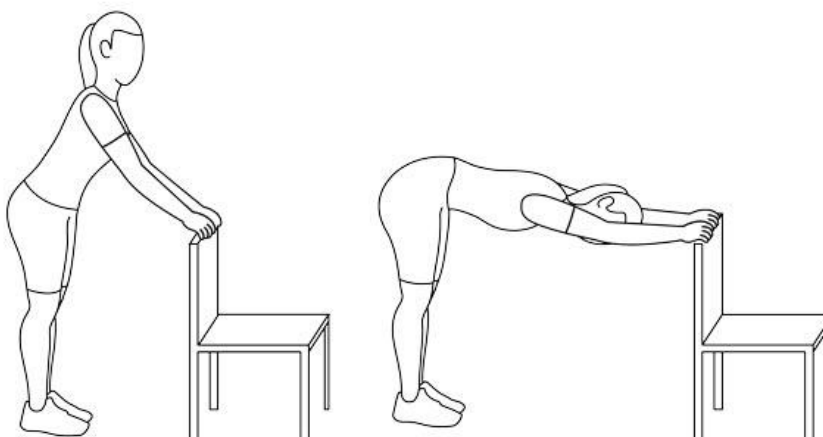
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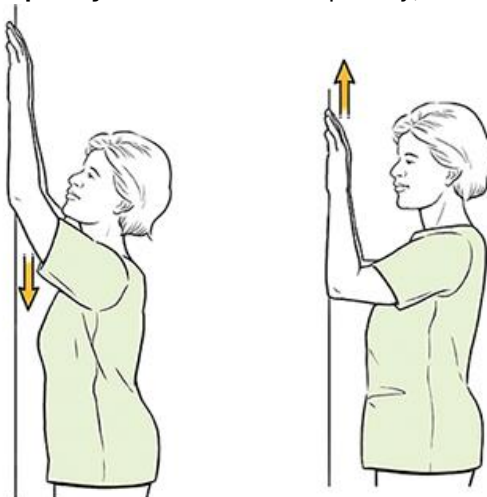
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Shoulder Flexion Stretch

- Back up a few steps and bend forward until you feel a stretch in front of your shoulders. Keep your back flat and your elbows softly bent.
- Hold for 5 to 20 seconds and then return to your starting position.
- **Frequency:** 3 sets of 10 reps. 2-3 times a day; 6-7 days a week

**Stretching Exercises****Forward Wall Climbers**

- Patient stands facing the wall 2 feet from the wall
- Slowly walk fingers up the wall as high as possible
- Hold at the top for 10 seconds then slowly lower
- **Frequency:** 5 times. 2-3 times per day; 6-7 days a week

**Stretching Exercises****Side Wall Climbers**

- Patient stands with their involved shoulder 2 feet from the wall
- Slowly walk fingers up the wall as high as possible

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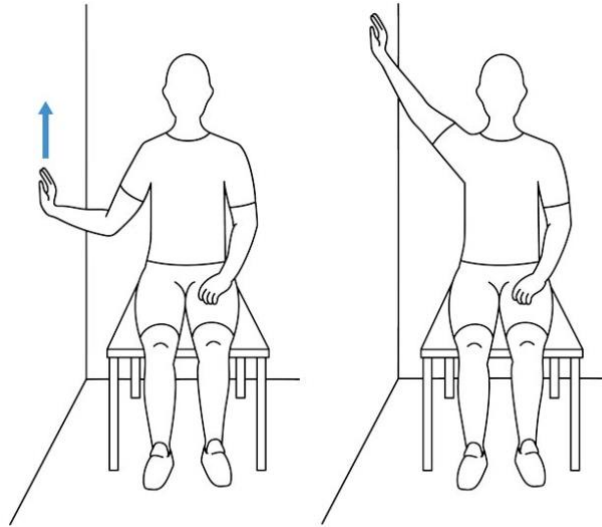


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- Hold at the top for 10 seconds then slowly lower
- **Frequency:** 5 times. 2-3 times per day; 6-7 days a week



Stretching Exercises
Shoulder Extension

- Stand upright, holding the stick in both hands behind your back.
- Move the stick away from your back keeping the elbows straight.
- **Frequency:** 1 set of 10 reps. 2-3 times a day. 4-5 days a week



Stretching Exercises
Towel Stretch

- Hold one end of a three-foot-long towel behind your back and grab the opposite end with your other hand. Hold the towel in a horizontal position.

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- Use your good arm to pull the affected arm upward to stretch it. Can also do an advanced version of this exercise with towel draped over your good shoulder.
- Hold the bottom of the towel with the affected arm and pull it toward the lower back with the unaffected arm.
- **Frequency:** 1 set of 10 reps. 2-3 times a day. 4-5 days a week



Stretching Exercises
Cross Body Arm Stretch

- Relax your shoulders and gently pull one arm across your chest as far as possible, holding at your upper arm.
- Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat with the other arm.



Stretching Exercises
Sleeper Stretch

- Lie on your side on a firm, flat surface with the affected shoulder under you and your arm bent, as shown. You can place your head on a pillow for comfort, if needed.
- Use your unaffected arm to push your other arm down. Stop pressing down when you feel a stretch in the back of your affected shoulder.

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- Hold this position for 30 seconds, then relax your arm for 30 seconds.

Frequency: 4 reps. 3 times a day. 6-7 days a week



Sleeper position



Start



Finish