

Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

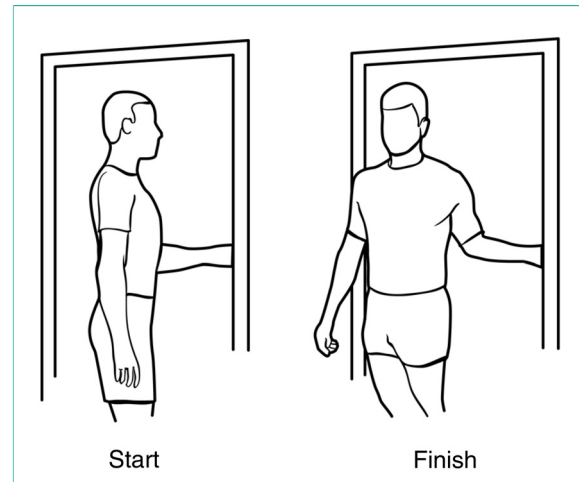
## Home Exercise Program for Frozen Shoulder

- 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.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
External rotation passive stretch	Anterior capsule	4 repetitions/3 sets	Daily	3 to 4
Supine forward flexion	Inferior capsule	4 repetitions/3 sets	Daily	3 to 4

### *External Rotation Passive 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 3 sets of 4 repetitions daily, continuing for 3 to 4 weeks.



### *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 3 sets of 4 repetitions daily, continuing for 3 to 4 weeks.

