



# ORTHOPEDIC ASSOCIATES of HARTFORD

*50 Years of Excellence*

## ADHESIVE CAPSULITIS

### Home Exercises

*Perform stretching for approximately 15 minutes, 3 times per day.*

Shoulder “irritability” is defined by when and how painful your shoulder is during motion. Consider how irritable your shoulder is feeling to guide how “hard” you push into the stretching.

- High level of irritability is when pain is experienced at rest or prior to the end of your available range
- Moderate level of irritability is when pain is experienced at the end of available range
- Low level of irritability is when there is just discomfort into the end of available range

If your shoulder is highly irritable, gentle stretching and range of motion is required to not worsen your symptoms.

If your shoulder is moderately irritable, try to push into end range, but if there is an increase in discomfort that doesn't go away by the last repetition or that elevated level of pain lasts beyond the exercise, go easier next session.

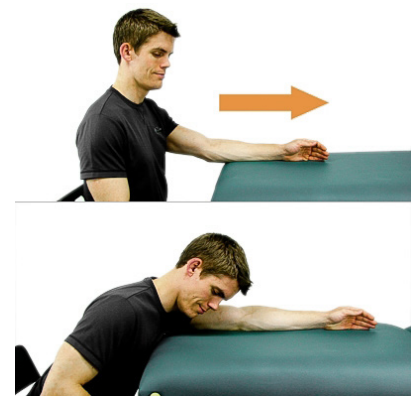
If your shoulder is at a low level of irritability, try to push into your “end range” of motion, still listening to your shoulder, without causing an increase in your level of pain.

### TABLE SIDE - FLEXION

Sitting in a chair, rest your injured arm on a table and gently slide it forward and then back.

*Repeat 10 Times    Hold 10 Seconds*

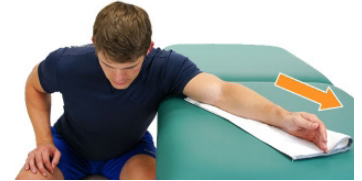
*Complete 1 Set    Perform 2 Times a Day*



## TABLE SLIDE - SCAPTION

Sitting in a chair, rest your injured arm on a table and gently slide it forward and to the side at a 45 degree angle and return.

*Repeat 10 Times    Hold 10 Seconds*  
*Complete 1 Set    Perform 2 Times a Day*



## TABLE SLIDE - ABDUCTION

Sitting in a chair, rest your injured arm on a table and gently slide it out to the side and then back.

*Repeat 10 Times    Hold 10 Seconds*  
*Complete 1 Set    Perform 2 Times a Day*



## EXTERNAL ROTATION STRETCH - ER TABLE STRETCH

While sitting, rest your forearm on a table and lean forward until a stretch is felt.

*Repeat 10 Times    Hold 10 Seconds*  
*Complete 1 Set    Perform 2 Times a Day*



## AAROM SHOULDER ABDUCTION - WAND

While holding a wand/cane palm face up on the injured side and palm face down on the uninjured side, slowly raise up your injured arm to the side.

**Repeat 10 Times**     **Hold 3 Seconds**

**Complete 1 Set**     **Perform 2 Times a Day**



## WAND EXTERNAL ROTATION - SUPINE ER

Lie on your back holding a cane or wand with both hands.

On the affected side, place a small rolled up towel or pillow under your elbow. Maintain approx. 90 degree bend at the elbow with your arm approximately 30-45 degrees away from your side.

Use your other arm to pull the wand/cane to rotate the affected arm back into a stretch. Hold and then return to starting position and then repeat.

**Repeat 10 Times**     **Hold 10 Seconds**

**Complete 1 Set**     **Perform 2 Times a Day**



## INTERNAL ROTATION TOWEL STRETCH - IR TOWEL

Gently pull up your affected arm behind your back with the assist of a towel.

**Repeat 10 Times**     **Hold 10 Seconds**

**Complete 1 Set**     **Perform 2 Times a Day**



## WALL EXTERNAL ROTATION

Grasp the wall or doorway with the injured arm. The elbow should be at 90 degrees. Gently turn your entire body until a stretch is felt. Your elbow should stay at your side throughout the movement.

**Repeat 10 Times**    **Hold 10 Seconds**  
**Perform 2 Times a Day**



## SIDELYING INTERNAL ROTATION STRETCH - IR SLEEPER STRETCH

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed for an inward stretch.

Hold, relax and repeat.

**Repeat 3 Times**    **Hold 30 Seconds**  
**Perform 2 Times a Day**



## 'LOUNGING ON BEACH' EXTERNAL ROTATION STRETCH

Hands clasped behind head. Swing elbows wide, until you can feel a good stretch in the shoulder. Hold.  
Can be done seated or lying down-whatever is most comfortable.

**Repeat 10 Times**    **Hold 10 Seconds**  
**Perform 2 Times a Day**



## WAND FLEXION - SUPINE

Lying on your back and holding a wand or cane, slowly raise the wand towards overhead. Use your unaffected arm to assist with the movement.

**Repeat 10 Times**    **Hold 5 Seconds**  
**Complete 1 Set**    **Perform 2 Times a Day**

