

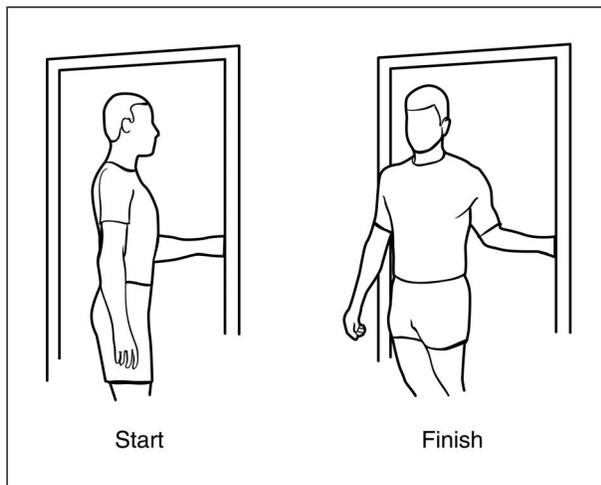
Exercise program for: \_\_\_\_\_

Prepared by: Seasons Family Medicine  
37 South 2nd East  
Rexburg ID, 83440  
(208) 356-9231

## HOME EXERCISE PROGRAM FOR FROZEN SHOULDER

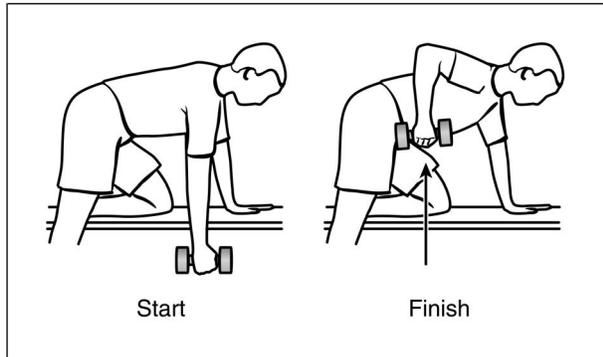
Perform the exercises in the order listed. Apply moist or dry heat to the shoulder for 5 or 10 minutes before the exercises and during the external rotation passive stretch. If you experience pain during or after the exercises, call your doctor.

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
Bent over rowing	Posterior deltoid Middle trapezius	8 to 10 repetitions/2 sets, progressing to 15 repetitions/3 sets	3	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. Keeping the hand in place, 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.



## BENT OVER ROWING

Stand next to a bench or chair with your knee and hand resting on the bench and your free hand grasping a weight. Lift the weight while you count to 3 slowly by bending the elbow, squeezing the shoulder blade across the back. Lower the weight slowly to a count of 3. Begin with a weight that allows 2 sets of 8 to 10 repetitions without pain. Progress to 3 sets of 15 repetitions. Add weight in increments up to 5 pounds, returning to 8 to 10 repetitions and 2 sets each time weight is added. Perform the exercise 3 days a week, continuing for 3 to 4 weeks.