

## Adhesive Capsulitis (Frozen Shoulder)

**Adhesive Capsulitis (Frozen Shoulder)** is a condition characterized by pain and stiffness in the shoulder joint, often leading to limited range of motion. It typically develops slowly and can significantly impair the ability to move the shoulder. The exact cause is unknown, but it's often associated with prolonged immobility, injury, or conditions like diabetes. The condition is classified into three phases: freezing, frozen, and thawing.

### Key Rehabilitation Points:

- Rehabilitation focuses on **improving range of motion (ROM)** and reducing pain.
- **Gentle mobility exercises** are key in the early stages to avoid further stiffness.
- **Stretching** and strengthening exercises are added progressively as symptoms improve.
- **Pain management** techniques such as ice or heat therapy, as well as anti-inflammatory medications, can support the recovery process.

**Exercises are most effective when guided by a qualified professional, such as a physiotherapist, athletic therapist, or strength and conditioning coach. If you have any concerns, it's always a good idea to consult with an expert.**

### 1. Shoulder Pendulum | Forward/Backward

**Sets:** 3-4 times per day | **Frequency:** daily

**Duration:** 1-2 minutes

**Preparation:**

- Stand next to a counter or chair, using your strong arm to balance yourself
- Lean slightly forwards and let your weak arm dangle towards the floor

**Execution:**

- Sway your hips to get your arm moving forward and backward



Arm swings forward and backward



Hips do the work

### 2. Shoulder Pendulum | Lateral

**Sets:** 3-4 times per day | **Frequency:** daily

**Duration:** 1-2 minutes

**Frequency:** daily

**Preparation:**

- Stand next to a counter or chair, using your strong arm to balance yourself
- Lean slightly forwards and let your weak arm dangle towards the floor

**Execution:**

- Sway your hips to get your arm moving left and right



Arm swings left and right



Hips do the work

### 3. Shoulder Table Slide | Passive

**Sets:** 3-4 times per day | **Frequency:** daily

**Hold:** 30-90 seconds

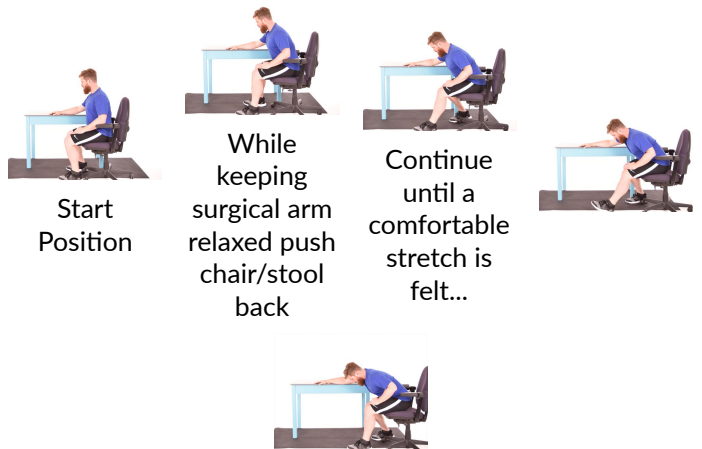
**Frequency:** daily

**Preparation:**

- Sitting on a stool or chair, rest surgical arm on table

**Execution:**

- While keeping surgical arm relaxed push chair/stool back until a comfortable stretch is felt in the shoulder



Start Position

While keeping surgical arm relaxed push chair/stool back

Continue until a comfortable stretch is felt...

#### 4. Shoulder Flexion AAROM | Mid Range 0-135° (Stick)

Sets: 2 | Hold: 30-90sec | Frequency: daily

##### Preparation

- Lie flat on your back holding the stick / cane as shown

##### Execution

- Use your strong arm to help raise your affected arm up forwards above your shoulder, but not all the way up
- Return in a controlled manner to the original position



Lie on back, hold stick



Use strong arm to raise affected arm above shoulder

#### 5. Shoulder Internal Rotation Stretch (Towel)

Sets: 3-5 | Hold: 30-90 sec | Frequency: daily

##### Preparation:

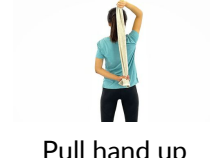
- Sit or stand with good posture
- Hold a towel behind back with the arm to be stretched on the bottom

##### Execution:

- Use strong arm to pull bottom hand up back



Start Position



Pull hand up back with strong arm



Continue to pull as high as you can without pain. Hold the stretch if you are able

#### 6. Shoulder External Rotation AAROM (Stick)

Sets: 3-4 | Hold: 30-60 seconds | Frequency: daily

##### Preparation:

- Lie on your back, sit, or stand
- Hold a stick / cane as shown with elbows bent at 90 degrees

##### Execution:

- Use your strong arm to help rotate your weak arm away from your body
- Keep your elbows bent and close against your sides at all times
- Return to the start position in a controlled manner



Start Position



Rotate arm - keep elbow tucked

## 7. Shoulder External Rotation AROM

Sets: 2

Reps: 10-15

Load: weight of arm only

Frequency: daily

### Preparation:

- Lie on side
- Elbow bent, hand on stomach



### Execution:

- Rotate hand up toward the ceiling keeping elbow bent on your side and wrist straight

Lie on side,  
elbow bent, hand  
on stomach

Rotate hand up  
toward the  
ceiling

Lift as high as  
you can keeping  
elbow bent and  
wrist straight

## 8. Scapular Clock

Sets: 3-4 times per day

Reps: every hour on the clock face

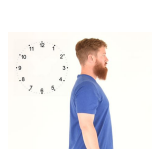
Frequency: daily

### Preparation:

- Sit or stand with good posture

### Execution:

- Keeping your arms relaxed, move your shoulder blades to different hours on the clock



Start  
Position



Move  
shoulder  
blades to 1  
o'clock...



...3 o'clock...



...9 o'clock...



...12 o'clock,  
etc.....