



Dynamic Sports Physical Therapy

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Frozen Shoulder Program

This program has been designed for patients who have lost shoulder mobility due to adhesive capsulitis or frozen shoulder.

Frozen shoulder can take a prolonged period of time to recover from and requires dedicated and consistent effort. Progress is measured in weeks and even months not in days. Your therapist and doctor will help monitor this progress.

Stretching program developed by Dynamic Sports Physical Therapy and Dr. James Gladstone, MD, Co-Chief of Sports Medicine, Mount Sinai Medical Center

Circles



While grasping a light weight in your affected hand, bend over at the waist and allow the weight to pull the arm towards the floor. Slowly make 10 circles in the clockwise direction followed by 10 circles in counterclockwise direction.

Wall Walk with Body Lean



Walk the affected arm up onto a wall in front of you as high as possible. While maintaining contact with the wall, lean your body into the wall to enhance the stretch. Hold this stretch 30 seconds and repeat 3 times.

Cross Body



While standing in a doorway reach across your body to grasp the doorway on the opposite side. While holding on, lean your body weight away from the doorway you are grasping. Hold this stretch for 30 seconds and repeat 3 times.

External Rotation



While standing in a doorway, grasp the inside of the door with your involved arm. Attempt to keep the elbow at your side while stepping through the doorway. This stretch should be held for 30 seconds and repeated 3 times.

External Rotation With The Arm Elevated



While standing in a doorway elevate the affected arm out to the side, so that the elbow is at the same height as the shoulder. While maintaining contact with the doorway walk your body through the door to enhance the stretch. This stretch should be held for 30 seconds and repeated 3 times.

Internal Rotation



Hold a towel or rope in your unaffected hand and raise the hand behind your head allowing the rope to fall in line with your spine. Place the affected arm behind your back and grasp the end of the rope. Raise the unaffected hand toward the ceiling allowing the affected arm to elevate up your back. This stretch is most effectively performed in the shower with hot water on the affected shoulder. Hold the stretch 30 seconds and repeat 3 times.

Sleeper stretch



While lying on your involved side, elevate the elbow to the same height as the shoulder. Use your uninvolved hand to push your involved palm down towards the floor. This stretch should be held 30 seconds and performed 3 times.

Overhead Hang



Grasp a bar or doorway that is above shoulder height with your affected arm. While maintaining this position bend both knees to allow the arm to stretch above you.

Hold this stretch 30 seconds and repeat 3 times.