

# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

### Scan



Or

### Visit

[AtikokanHospital.medbridgego.com](https://AtikokanHospital.medbridgego.com)

Access Code: **97MKVZGQ**

## Two Ways to Access



### Use the MedBridgeGO app

Access your home exercise program with our mobile app for iOS and Android.

- ▶ Search The App Store or Google Play for "**MedBridgeGO**".



### Open in your browser

To access your home exercise programs.

## By Accessing Online You Can

### View your exercise videos

Interactive HD videos guide you with easy to follow instructions.

### Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

### Track your progress

Keep track of your activity and progress throughout treatment and post care.

## Clinician Notes

This handout contains general exercises for Frozen Shoulder; Stage 2. Pain can be present, and your shoulder is likely very stiff. These stretches are targeted to improve movement in the shoulder joint.

Exercises can be completed seated, laying down or standing.

No exercises should cause sharp, shooting or intense pain. Aching, stretching or discomfort may be present but should reduce over time as exercises are completed daily.

Your physician may recommend specific exercises within this program based on your diagnosis/condition.

STEP 1



STEP 2



### Standing Single Arm Shoulder Flexion Stretch on Wall

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a staggered stance position with one hand resting flat on a wall.

#### Movement

Slowly slide your hand up overhead and gently lean your chest toward the wall. Hold, then slide your hand back to the starting position, and repeat.

#### Tip

Make sure to move within a comfortable range of motion and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Shoulder ER Stretch in Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position facing a wall. Place one arm out to the side, with your elbow bent to 90 degrees, and your arm flat against the wall.

#### Movement

Gently rotate your trunk away from your arm until you feel a stretch in your chest, then hold.

#### Tip

Make sure not to shrug your shoulders, and try not to arch your back during the exercise.

STEP 1



STEP 2



STEP 3



### Standing Shoulder External Rotation Stretch in Doorway

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position in the center of a doorway.

#### Movement

With your elbow bent, place your hand on the side of the doorway. Take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

#### Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Open Book Chest Stretch on Towel Roll

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your back with your knees bent, your arms held above your body at 90 degree angles, lying on a towel roll positioned vertically.

#### Movement

Keeping your elbows bent, slowly open your arms away from your body toward the floor. You should feel a stretch across the front of your chest.

#### Tip

Make sure to only move your arms to an angle at which you can lie comfortably, and avoid arching your back.

STEP 1



STEP 2



### Sleeper Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

#### Movement

With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

#### Tip

Make sure not to let your body roll forward or backward during the exercise.

STEP 1



### Standing Shoulder Posterior Capsule Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position.

#### Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

#### Tip

Make sure to maintain good posture during the exercise.

# Heat



**Wrap the heating pad in a towel to protect your skin.**



**Occasionally check your skin beneath the heat source for irritation.**

Heat, sometimes called thermotherapy, can be used to help relax muscles and ease stiffness from an older injury or other condition. Heating can be helpful for a variety of conditions, including neck and low back pain, arthritis, tendinosis, or for general joint soreness or muscle stiffness.

Never apply heat to a fresh injury, as this can cause more harm and delay healing.

You can apply heat using a heating pad, heat wrap, hot water bottle, or through a warm bath or shower. No matter which method you choose, the temperature should be “warm” rather than “hot.” Temperatures that are too high can burn your skin and do not help decrease discomfort.

When using a heating pad or hot water bottle, be sure to wrap it in a towel to protect your skin. Your healthcare provider may give you specific instructions on how to position your body when using heat, how to keep the heat on, and how many times a day you should use heat.

Be sure to occasionally check the skin beneath the heat source for irritation, and remove the heat if irritation occurs.

The length of time you should use heat depends on your injury or condition. You may experience relief after 15 or 20 minutes, or you may need to keep the heat on for longer to feel relief.

If you have any questions about using heat, please contact your healthcare provider.

## Ice



**Wrap the ice pack in a pillowcase if it does not already have a layer of cloth or fabric over it.**



**Be sure to occasionally check the skin beneath the ice pack for irritation, and remove the ice if irritation occurs.**

Icing, also called cryotherapy, is the use of cold to help ease an injury or other condition. Icing can be helpful for a variety of conditions, including new or long term pain, a new onset of swelling or bruising, and muscle spasms.

It is important to know when to not use ice. Talk to your healthcare provider before icing, especially if you have poor blood flow, peripheral vascular disease, are hypersensitive to cold, or if you have numb areas, infections, open wounds, or other skin conditions.

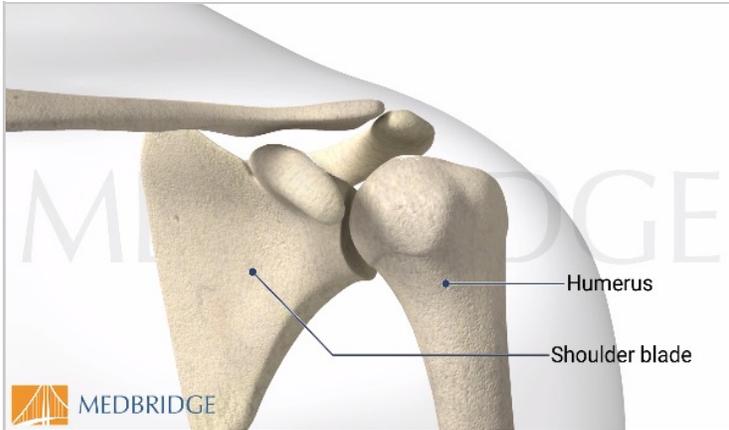
Using a gel ice pack or an unopened bag of frozen vegetables, such as peas, is a convenient way to ice at home. Wrap the ice pack in a pillowcase if it does not already have a layer of cloth or fabric over it. This protects your skin and keeps the ice pack clean. Your healthcare provider may give you specific instructions on how to position your body when using ice, how to keep the ice on, and how many times a day you should use ice.

During the first few minutes of icing, you may feel an uncomfortable feeling of cold, followed by a stinging or burning sensation. You may then experience an aching sensation, followed by a feeling of numbness. Once the area is numb, you may remove the ice, as there is no added benefit to keeping it on any longer.

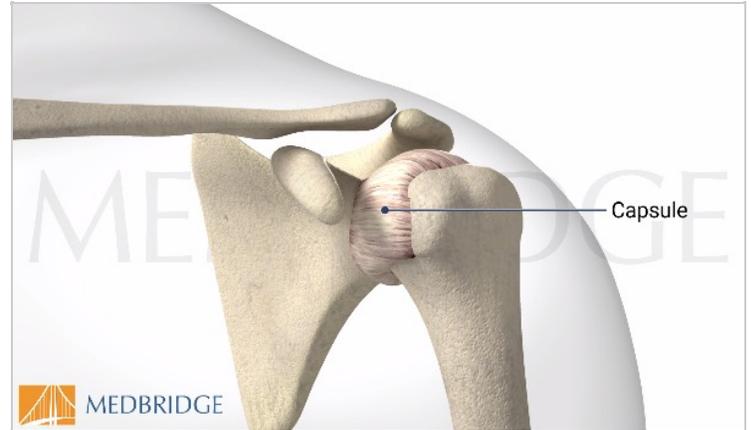
Be sure to occasionally check the skin beneath the ice pack for irritation, and remove the ice if irritation occurs.

In general, using an ice pack for 10 to 20 minutes is enough to cool the tissues and decrease pain. Avoid using ice longer than 20 minutes, as this may cause damage to the skin or nerves. If you have any questions about using ice, please contact your healthcare provider.

# Frozen Shoulder



**Front Left Shoulder: Anatomy**



**Front Left Shoulder: Capsule**



**Front Left Shoulder: Affected Tissue**

Pain and stiffness in the shoulder can be called a “frozen shoulder” because moving the arm is very difficult. The shoulder is a ball and socket joint, with the head of the upper arm bone (humerus) connecting to the shoulder blade (scapula). Muscles and ligaments help keep the head of the humerus in the shallow socket.

The shoulder joint is also surrounded by thick tissue called the capsule. This strong connective tissue of the capsule can thicken and tighten, making moving the arm difficult. The shoulder joint can become painful and stiff following an injury such as a fall, or after a period of not moving it, such as when wearing a cast or brace. If an injury happened and caused the shoulder to freeze, it is considered a secondary frozen shoulder.

In a primary frozen shoulder, there is no known cause of the condition. There are three stages called freezing stage, frozen stage, and thawing stage. Another type of frozen shoulder is known as adhesive capsulitis, where the connective tissue surrounding the joint becomes inflamed, scarred, and tight. There are four stages of adhesive capsulitis, with symptoms of pain, stiffness, and altered function. Symptoms of stiffness and pain often occur gradually, worsen over time, and then resolve

within 1-2 years. Lifting, reaching, and daily activities such as putting on a shirt may be difficult, and pain may be worse at night.

Therapy can help teach you to manage symptoms of pain, and learn to complete tasks with the shoulder motion that you have. Stretching of the shoulder and treatments that reduce pain can help you do what you need to at work and at home.