

Home Exercise Program Login Instructions

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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 3. By this stage you should have approx 85% of your movement when compared to your other shoulder.

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.

STEP 1



STEP 2



Sidelying Shoulder ER with Towel and Dumbbell

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

Setup

Begin lying on your side with a towel roll tucked under your upper arm, and your elbow bent to 90 degrees, holding a dumbbell.

Movement

Slowly rotate your forearm upward, then return to the starting position and repeat.

Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your forearm and avoid shrugging your shoulders during the exercise.

STEP 1



STEP 2



Standing Bent Over Single Arm Scapular Row with Table Support

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

Setup

Begin standing near a table, with your trunk bent forward and one arm resting for support. Your other arm should be hanging toward the ground.

Movement

Bend your arm, pulling your elbow upward, then lower it back down and repeat, making a sawing motion.

Tip

Make sure to keep your back straight during the exercise and do not shrug your shoulder.

STEP 1



STEP 2



Supine Bilateral Shoulder Protraction

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

Setup

Begin lying on your back with your arms straight up in the air.

Movement

Keeping your arms straight, gently punch your arms toward the ceiling. Return to the starting position and repeat.

Tip

Your back and neck should remain on the floor.

STEP 1



STEP 2



Prone W Scapular Retraction

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

Setup

Begin lying on your front with your arms resting on the ground at a 45 degree angle from your sides and elbows bent so they form a W shape.

Movement

Lift your arms off the ground, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Thoracic Extension Mobilization with Noodle

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

Setup

Begin lying with your upper back on a pool noodle and your arms straight at your sides.

Alternative: Roll a towel or blanket.

Movement

Slowly lift your arms straight up and overhead, as you let your back relax. Pause briefly, then return to the starting position and repeat.

Tip

Make sure not to let your hips rise up off the floor during the exercise.

STEP 1



STEP 2



STEP 3



Bird Dog on Counter

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

Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Step backward into a plank position. At the same time lift one arm overhead and your opposite leg off the ground. Return to the plank position and repeat with the opposite arm and leg.

Tip

Make sure to keep your abdominals engaged during the exercise. Do not arch your back or shrug your shoulders 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.

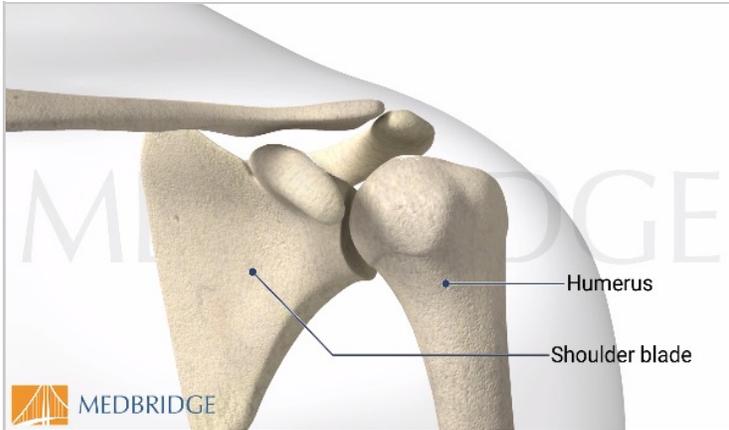
When using a heating pad or hot water bottle, be sure to wrap it in a towel to protect your skin. Your healthcare provider may give you specific instructions on how to position your body when using heat, how to keep the heat on, and how many times a day you should use heat.

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

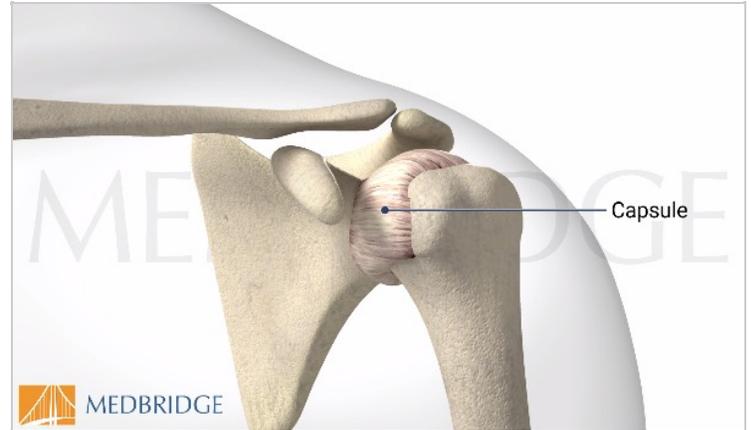
The length of time you should use heat depends on your injury or condition. You may experience relief after 15 or 20 minutes, or you may need to keep the heat on for longer to feel relief.

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

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.