

# ORTHOPEDIC AFFILATES

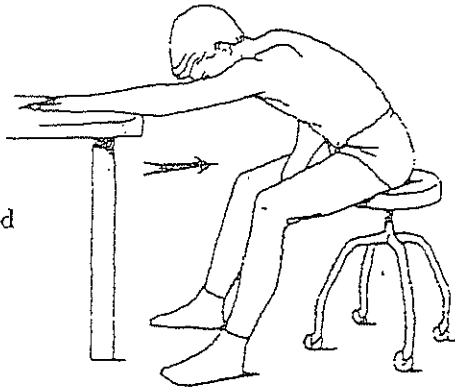
Joint and Sports Medicine Center  
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## Adhesive Capsulitis Stretching Program

### 1 – Shoulder Flexion Stretch (seated)

Sitting upright slide forearm forward along table as you bend from the waist until a stretch is felt.

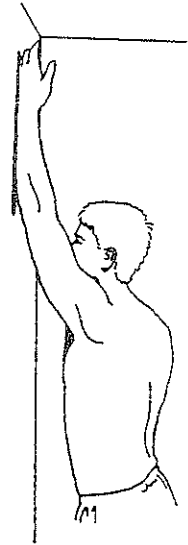
Hold 20 Seconds  
Repeat 3 times  
2 sessions each day



### 4 – Shoulder Flexion Stretch

Slide arm up wall with palm toward you by moving closer to wall.

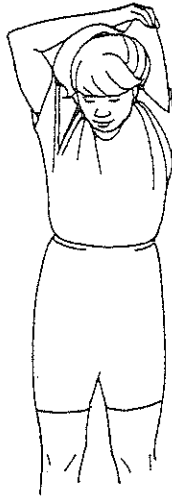
Hold 20 Seconds  
Repeat 3 times  
2 sessions each day



### 2 – Inferior Capsule Stretch

Gently pull elbow with opposite hand until a stretch is felt in shoulder.

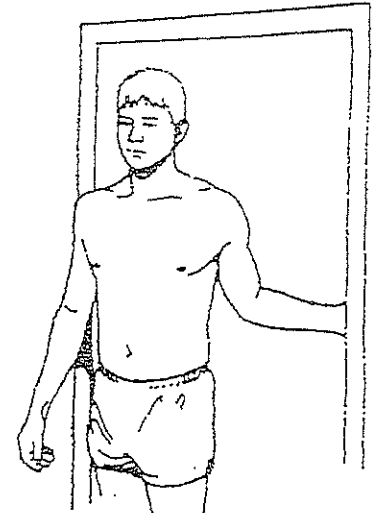
Hold 20 Seconds  
Repeat 3 times  
2 sessions each day



### 5 – Shoulder External Rotation Stretch

Keep palm of hand against door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt.

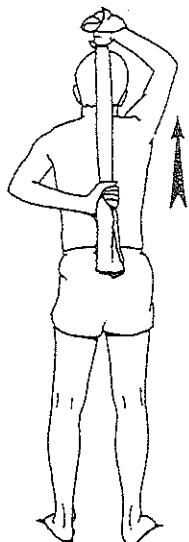
Hold 20 Seconds  
Repeat 3 times  
2 sessions each day



### 3 – Towel Stretch for Internal Rotation

Pull involved arm up behind back by pulling towel upward with uninvolvement arm.

Hold 20 Seconds  
Repeat 3 times  
2 sessions each day



### 6 – Posterior Capsule Stretch

Gently pull on elbow with opposite hand until a stretch is felt in the shoulder

Hold 20 Seconds  
Repeat 3 times  
2 sessions each day

