



# Home Exercise Program Login Instructions

## Login

To access your Home Exercise Program:

### Scan



Or

### Visit

<https://ONSpt.medbridgego.com/>

Access Code: **6XKLH694**

## 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

Frozen Shoulder

# Sleeper Stretch

**SETS: 3**

**HOLD: 30 SEC**

**DAILY: 1**

**WEEKLY: 4**

**1**



**2**



## 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.

# Standing Shoulder External Rotation Stretch in Doorway

**SETS: 3**

**HOLD: 30 SEC**

**DAILY: 1**

**WEEKLY: 4**



## 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.

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# Standing Shoulder Posterior Capsule Stretch

**SETS: 3**

**HOLD: 30 SEC**

**DAILY: 1**

**WEEKLY: 4**



## 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 Back Shoulder Stretch with Chair

**SETS: 3**

**HOLD: 30 SEC**

**DAILY: 1**

**WEEKLY: 4**



## Setup

Begin in a standing upright position in front of a chair with your hands resting on the backrest.

## Movement

Slowly walk your feet backward, lowering your chest toward the floor, until you feel a stretch in your shoulders. Hold, then return to the starting position and repeat.

## Tip

Make sure keep your movements slow and controlled and do not shrug your shoulders during the exercise.

# Shoulder ER Stretch in Abduction

**SETS: 3**

**HOLD: 30 SEC**

**DAILY: 1**

**WEEKLY: 4**

**1**



**2**



## 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.

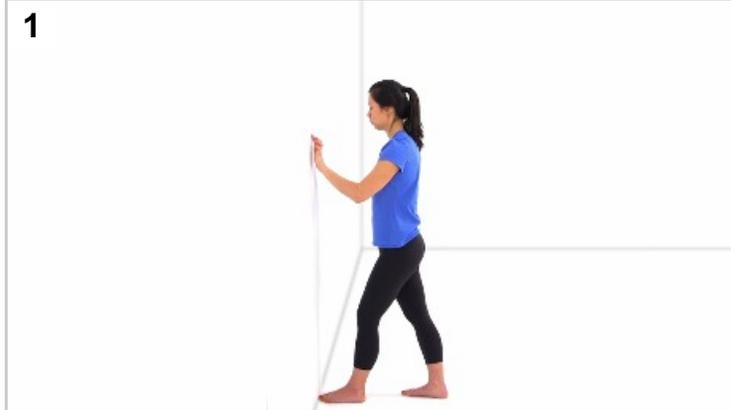
# Standing Shoulder Flexion Wall Walk

**SETS: 3**

**HOLD: 30 SEC**

**DAILY: 1**

**WEEKLY: 4**



## Setup

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

## Movement

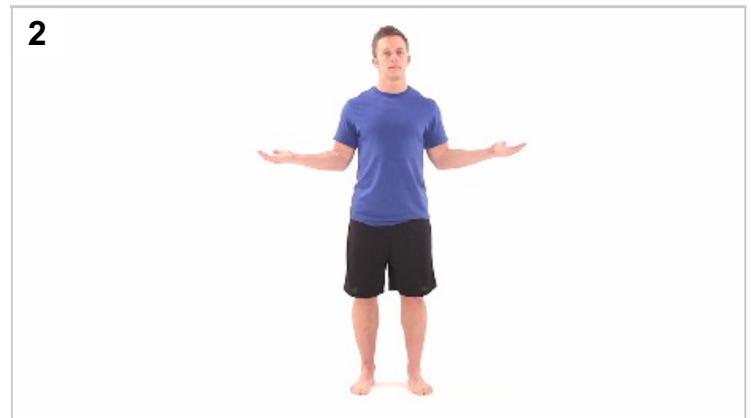
Slowly walk your fingers up the wall overhead as far as you can reach. Hold briefly, then slide your hand back to the starting position and repeat.

## Tip

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

# Shoulder External Rotation and Scapular Retraction

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>HOLD: 5 SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 4</b>			



## Setup

Begin in an upright standing position with your arms by your sides. Bend your elbows to approximately 90 degrees with your palms up.

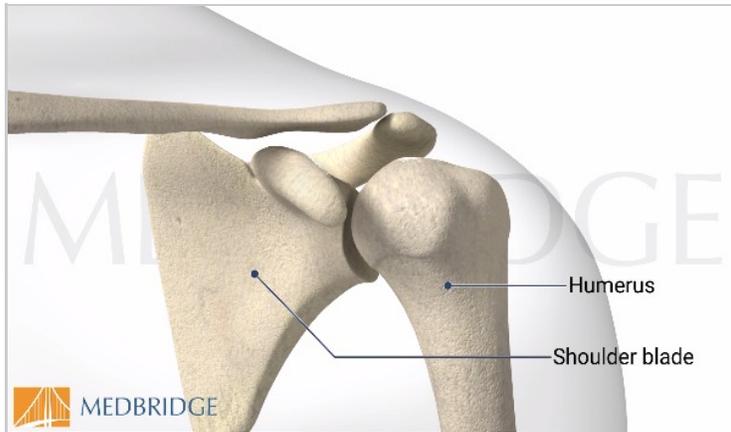
## Movement

Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position and repeat.

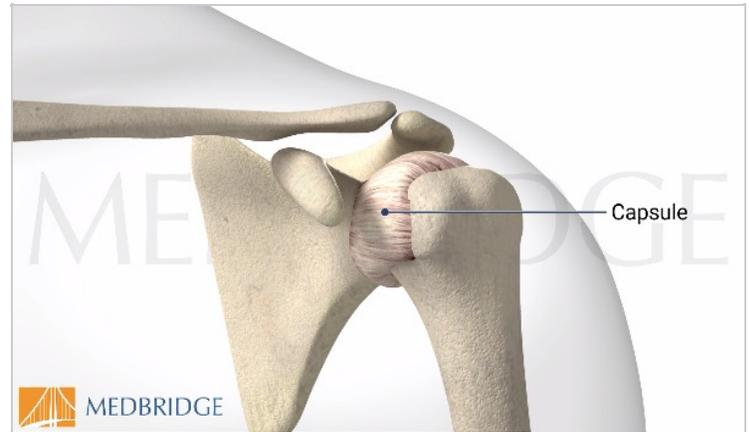
## Tip

Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

## 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.