SHOULDER PAIN CAPSULAR PATTERN REHAB

Created by Barnstaple Alliance Primary Care Network Mar 21st, 2025
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COMMENTS

This rehab programme is to help recover from shoulder pain associated with a stiff shoulder joint (a capsular pattern). Common causes of this are osteoarthritis and frozen shoulder.

In conjunction with these exercises, you can use heat packs. Something that is physically hot, not something you rub on your skin. Protect your skin. Do not apply to bare skin. Avoid burns. Apply the heat for about 15 minutes. This can be repeated several times a day.

To manage your pain symptoms, use over-the-counter medications as advised by the pharmacist or as advised by your healthcare professional at the GP practice. You do not have to use pain medication to manage your pain symptoms. However, if you feel that you are struggling to control your pain or perform the exercises, this is something you should consider.

Please note these exercises can be painful to perform, but this pain is not harmful and does not indicate that you are causing yourself further damage.



PENDULUM FORWARD BACK - CODMAN

Shift your body weight forward then back to allow your injured arm to swing forward and back freely. Your injured arm should be fully relaxed.

Video # XVU5CAYZP

Duration	60 Seconds
Complete	3 Sets
Perform	1 Times a Day



PENDULUM LATERAL - CODMAN

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.

Video # XV8A2P68K

Duration	60 Seconds
Complete	3 Sets
Perform	1 Times a Day



PENDULUM CIRCLES - CODMAN

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed.

Video # XVUQXPZ7J

Duration	60 Seconds
Complete	3 Sets
Perform	1 Times a Day





TABLE SLIDE - FLEXION

Sit in a chair and rest your injured arm on a table. Start by leaning forward towards the table as you slide your arm forward as shown. Then, return to starting position and repeat.

Video # XVFH6NLB7

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day





TABLE SLIDE - ABDUCTION

Sit in a chair and rest your injured arm on a table. Start by leaning sideways towards the table as you slide your arm outward as shown. Then, return to starting position and repeat.

Video # XVLCVEWEF

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day





WRIST GRAB FLEXION - SUPINE - AAROM SHOULDER FLEXION

While lying on your back with your arm at your side, grasp your affected arm and slowly raise it up upwards and towards overhead. Your affected arm should be relaxed and your other arm performing the work.

Video # XVXG5J568

Repeat	15 Times
Hold	5 Seconds
Complete	3 Sets
Perform	1 Times a Day



Shoulder External rotation stretch with table

Sit sideways to a table, forearm propped. Bend from the waist sliding forearm alongside your body. Elbow should be in line with shoulder. Think about dropping armpit toward the floor. Can prop other elbow on knee for additional support.

Hold	30 Seconds
Complete	3 Sets
Perform	1 Times a Day



Shoulder IR High Towel Stretch

Reach the affected arm behind your back grasping the towel. Use the unaffected hand to grasp the other side of the towel and gently guide the towel up and over your head until a stretch is felt in the affected shoulder. Hold here.

IF THIS EXERCISE IS TOO CHALLENGING, DO THE ONE BELOW, THEN PROGRESS BACK TO THIS ONE OVER TIME.

Hold	30 Seconds
Complete	3 Sets
Perform	1 Times a Day



Shoulder IR Low Towel Stretch

Reach the affected arm behind your back grasping the towel. Use the unaffected hand to grasp the other side of the towel and gently guide the affected hand across your back until a stretch is felt in the shoulder. Hold here.

Hold	30 Seconds
Complete	3 Sets
Perform	1 Times a Day



SHOULDER - ISOMETRIC ABDUCTION

Place a small folded towel between your elbow and a wall. With your elbow bent to 90 degrees, gently push your elbow out to the side into the towel/wall. Hold, relax and repeat.

Video # XV97YWQQF

Repeat	15 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Times a Day



SHOULDER - ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time. Hold, relax and repeat.

Video # XVCRJYHLE

Repeat	15 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Times a Day



SHOULDER - ISOMETRIC EXTENSION

Place a small folded towel between your elbow and a wall behind you. Gently press your elbow back against the wall/towel. Hold, relax and repeat.

Video # XVTQA4QXT

Repeat	15 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Times a Day



SHOULDER - ISOMETRIC FLEXION

Place a small folded towel between your hand and a wall. Gently push your fist forward into a wall with your elbow bent. Hold, relax and repeat.

Video # XVWURPJ6U

Repeat	15 Times
Hold	15 Seconds
Complete	1 Set
Perform	1 Times a Day