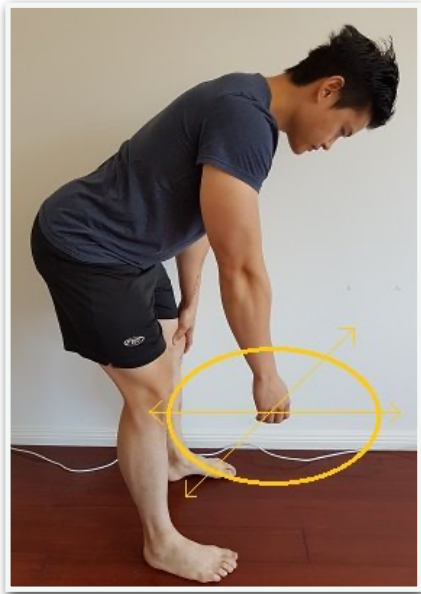


Exercises for Frozen Shoulder

Gentle movements are best in the early stages. They are meant to keep the joint capsule lubricated and prevent further loss of movement.

1. Pendulum Exercise



- Place the hand of the unaffected shoulder onto the back of a chair.
- Lean your torso forwards.
- Draw circles with the arm on the side with the Frozen Shoulder.
- If tolerated, gradually increase the size of the circles.
- Do not move your shoulder into any pain or discomfort.
- Perform 20 repetitions in both directions.

2. Shoulder Blade Rolls

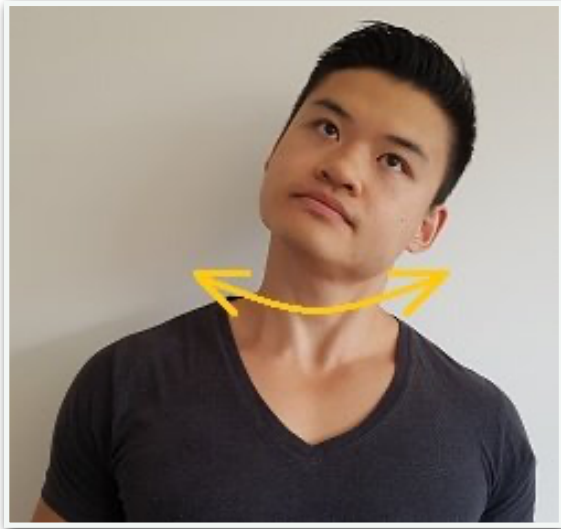


- Have your arm relaxed by the sides of your body.
- Keep your neck completely relaxed throughout this exercise.
- Perform shoulder blade rolls:
 - Shrug your shoulder blades upwards.
 - Pull your shoulder blades backwards.
 - Pull your shoulder blades downwards.
 - Roll shoulders forwards.
- Perform 10 slow repetitions.

Frozen Shoulder Exercises

- Repeat exercise in the opposite direction.
- Do not move your shoulder into any pain or discomfort.

3. General Neck Movements

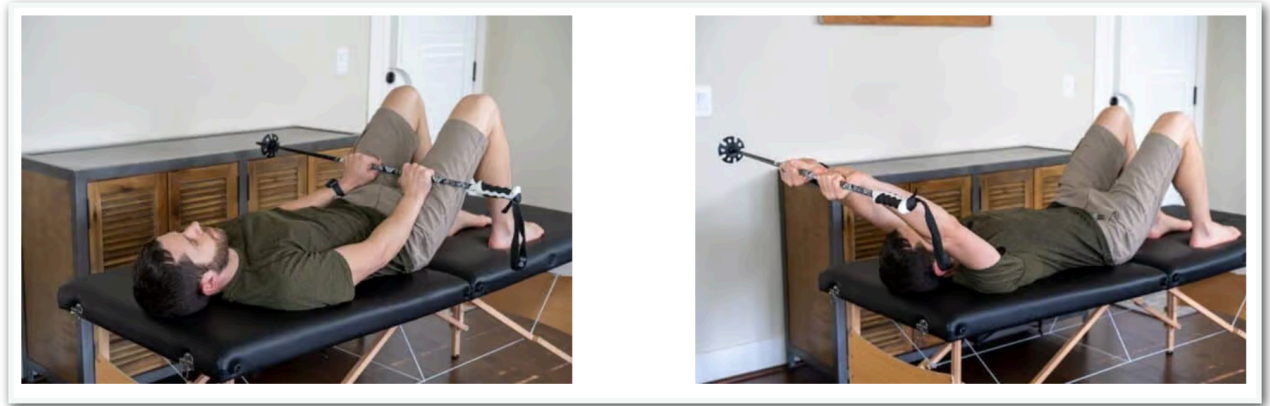


- Sit up right.
- Keep your shoulder and arm completely relaxed throughout this exercise.
- Slowly perform circles with your neck.
- Allow your neck to move as far as you are comfortable.
- Perform 10 slow repetitions in both directions.

Source: <https://www.posturedirect.com/best-frozen-shoulder-exercises/>

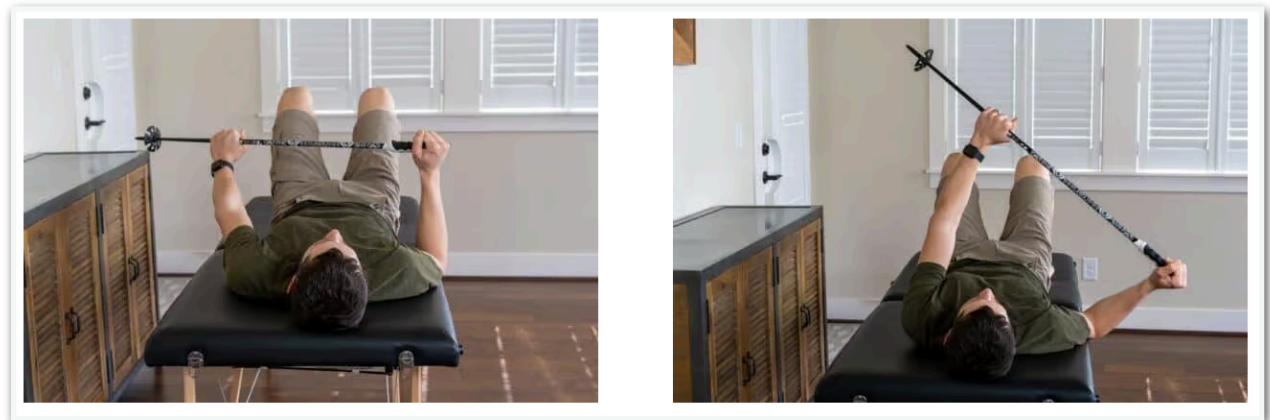
Stage 2: Wand Exercises

1. Supine Wand Flexion



- Start with a lightweight stick, pole, golf club, etc.
- Use the unaffected arm to help raise the painful arm overhead
- Pause at the onset of pain or stretch in the shoulder for 3-5 sec
- Perform: 10-15 reps (2-3x/day)

2. Supine Wand External Rotation

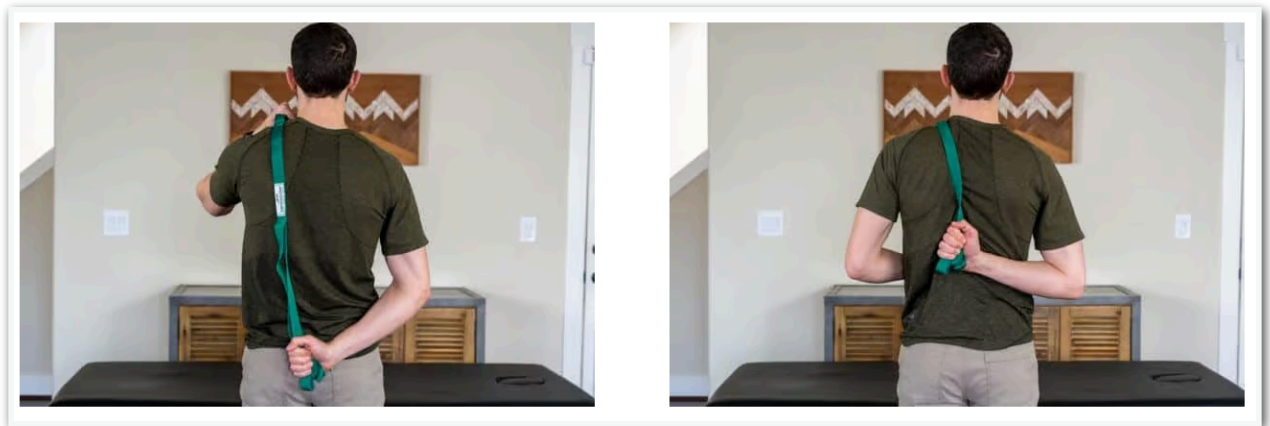


- Start with a lightweight stick, pole, golf club, etc.
- Place the elbow of your painful arm tucked at your side and bent to 90 degrees
- Have the hand of the nonpainful side at your opposite hip pocket

Frozen Shoulder Exercises

- Use the non-painful arm to rotate the hand of the painful side towards the floor while maintaining the elbow tucked at your side
- Pause at the onset of pain or stretch in the shoulder for 3-5 seconds
- Perform: 10-15 reps (2-3x/day)

3. Standing Strap Internal Rotation



- Hold a strap behind your back with the painful arm holding the bottom end (in image R side is painful side)
- Gently pull the strap with the non-painful arm, pulling the lower hand further up the back
- Pause at the onset of pain or stretch in the shoulder for 3-5 seconds
- Perform: 10-15 reps (2-3x/day)

Source: <https://pttimewithtim.com/frozen-shoulder-exercises/>