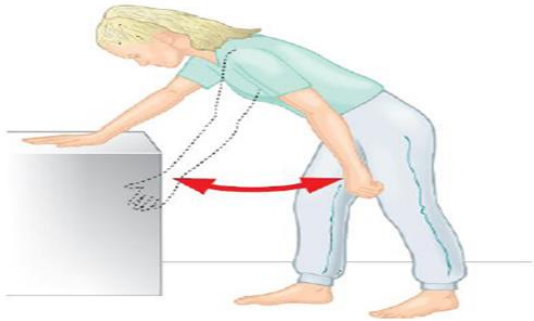
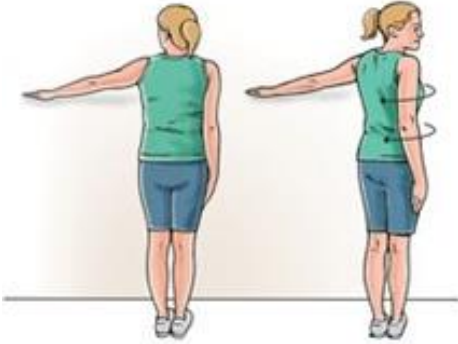


FROZEN SHOULDER

The following exercises may be performed using a dumbbell, elastic resistance band, water bottle or other form of weight. It is important to note that when performing these exercises and stretches you should avoid excessive overhead work including military press, shoulder press and bench press.

EXERCISES/ STRETCHES

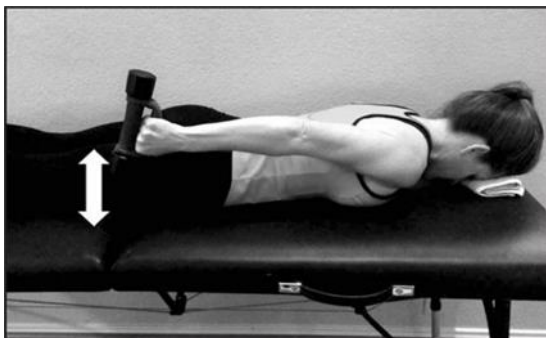
<p style="text-align: center;">Pendulum</p> 	<ol style="list-style-type: none"> 1. Stand beside a table with the hand of your unaffected shoulder on the table and feet slightly wider than shoulder-width apart. 2. Slight bend at the hips and let your affected arm hang down toward the floor. 3. Move your body so that your arm swings in a circle, do not use your shoulder muscles to create movement. Keep the circle small. 4. Continue for _____ seconds, _____ /day. Increase the time until you can do 5. _____ minutes
<p style="text-align: center;">Pectoralis/ Bicep stretch</p> 	<ol style="list-style-type: none"> 1. Stand facing a wall (about 25 cm away from the wall). 2. Raise your injured arm out to your side and place the thumb side of your hand against the wall (palm down). 3. Keep your arm straight. 4. Rotate your body in the opposite direction of the raised arm until you feel a stretch in your biceps.

Overhead Abduction



1. Begin by lying on your stomach on the end of a bed/bench with your arm hanging over the edge
2. Proceed to lift arm above head with your thumb pointing towards the ceiling
3. Your arm should be at 45° in relation to your body (as though making one side of a 'Y')
4. Progress this exercise by: Lifting both arms at the same time, Performing this exercise on a Swiss ball, Adding weights

Prone extension

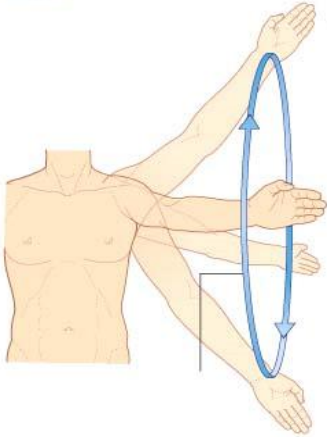



1. Lift shoulder straight up in air. Try and keep a gap approximately 5 cms between front of shoulder and bed.
2. Hold the shoulder up for ___ seconds but arm relaxed by side. Repeat ___ times.
3. Progress – by lifting the arm up and down (elbow straight), but keeping the shoulder blade up all the time. Progress with weights ___kg
4. Aim to do this for ___seconds. Repeat ___ times

Standing scaption



1. Stand with arms straight angled at 45 degrees, thumbs facing up
2. Raise the arms to shoulder height
3. Pause at the top, slowly lower to start position
4. Perform ___ reps, ___ sets
5. Progress by holding light weight

<p style="text-align: center;">Windmills</p> 	<ol style="list-style-type: none"> 1. Stand with affected arm raised out to your side at 90 degrees 2. Start doing clockwise circles with your arm still raised to the side 3. Alternate by going anticlockwise 4. Perform ___ circles each way
<p style="text-align: center;">Finger walk</p> 	<ol style="list-style-type: none"> 1. Face a wall three-quarters of an arm's length away 2. Reach out and touch the wall at waist level with the fingertips of the affected arm. 3. With your elbow slightly bent, slowly walk your fingers up the wall, spider-like, until you've raised your arm as far as you comfortably can. 4. Your fingers should be doing the work, not your shoulder muscles. 5. Slowly lower the arm (with the help of the good arm, if necessary) and repeat. 6. Do this 10 to 20 times a day

Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.