

## EXERCISES FOR FROZEN SHOULDER

### EXERCISES FOR THE PAINFUL PHASE

#### **Polishing**

Gently lean forwards onto a kitchen worktop or table with your good hand. Start by polishing in small circles, gradually increasing the movement as you feel more comfortable. Repeat for 60 seconds

#### **Pendular**

Gently lean forwards onto a stable surface, like a table. Gently swing your arm forward and backwards, side-to-side and then in small circles. Start with small movements and increase the movement as it starts to feel more comfortable. Repeat for 30 seconds in each direction

#### **Isometric flexion**

Stand facing a wall. Place your fist on the wall with your elbow at a right angle. Gently press against the wall, tightening your shoulder muscle without moving your body. Hold for three seconds, repeat 10 times.

#### **Isometric extension**

Stand with your back to a wall. Place your elbow on the wall with your elbow at a right angle. Gently press against the wall with your elbow. You should be tightening your shoulder muscle without moving your body. Hold for three seconds, repeat 10 times.

#### **Isometric medial rotation**

Stand facing a door way or open corner like in the picture. Place your fist or open hand on the wall. Gently press against the wall tightening your shoulder muscle without moving your body. Hold for three seconds, repeat 10 times.

#### **Isometric lateral rotation**

Stand sideways on with your affected shoulder against the wall. Place your fist on the wall with your elbow at a right angle. Gently press against the wall with your fist without moving your body. Hold for three seconds, repeat 10 times.

#### **Subscapularis belly press 2**

Stand or sit. Place your hand on your abdomen and gently press. Try to keep your elbow out and not resting by your side. Hold for three seconds, repeat 10 times.

### REPEAT EXERCISES 2 x A DAY

### EXERCISES FOR THE STIFFNESS PHASE

#### **Polishing – Warm up**

Gently lean forwards onto a kitchen worktop or table with your good hand. Start by polishing in small circles gradually increasing the movement as you feel more comfortable. Repeat for 60 seconds.

**Isometric flexion**

Stand facing a wall. Place your fist on the wall with your elbow at a right angle. Gently press against the wall, tightening your shoulder muscle without moving your body. Hold for three seconds, repeat 10 times.

**Isometric extension**

Stand with your back to a wall. Place your elbow on the wall with your elbow at a right angle. Gently press against the wall with your elbow. You should be tightening your shoulder muscle without moving your body. Hold for three seconds, repeat 10 times.

**Isometric medial rotation**

Stand facing a door way or open corner like in the picture. Place your fist or open hand on the wall. Gently press against the wall tightening your shoulder muscle without moving your body. Hold for three seconds, repeat 10 times.

**Isometric lateral rotation**

Stand sideways on with your affected shoulder against the wall. Place your fist on the wall with your elbow at a right angle. Gently press against the wall with your fist without moving your body. Hold for three seconds, repeat 10 times.

**Subscapularis belly press 2**

Stand or sit. Place your hand on your abdomen and gently press. Try to keep your elbow out and not resting by your side. Hold for three seconds, repeat 10 times.

**AA stick supine flexion 1+2**

Lie on your back or as flat as is comfortable. Using a stick or pole gently lift your arm into the air, using your better arm and the stick to help. Keep to comfortable range of movement and do not push into pain. Repeat 10 times.

**AA stick supine lateral rotation 1+2**

Lie on your back or as flat as is comfortable. Using a stick or pole gently rotate your shoulder by moving your hand out to the side. Keep to comfortable range of movement and do not push into pain. Repeat 10 times

**REPEAT EXERCISES 2 X A DAY****EXERCISES FOR THE THAWING PHASE****EASY****Polishing – Warm up**

Gently lean forwards onto a kitchen worktop or table with your good hand. Start by polishing in small circles gradually increasing the movement as you feel more comfortable. Repeat for 60 seconds.

**AA stick supine flexion 1+2**

Lie on your back or as flat as is comfortable. Using a stick or pole gently lift your arm into the air, using your better arm and the stick to help. Try to gradually work into the resistance at the end of the movement. Do not push into pain. Repeat 10-30 times.

### **AA stick supine lateral rotation 1+2**

Lie on your back or as flat as is comfortable. Using a stick or pole gently rotate your shoulder by moving your hand out to the side. Try to gradually work into the resistance at the end of the movement. Do not push into pain. Repeat 10-30 times.

### **AA stick abduction 1+2**

Lie on your back or as flat as is comfortable. Using a stick or pole gently lift your shoulder out to the side. Try to gradually work into the resistance at the end of the movement. Do not push into pain. Repeat 10-30 times.

### **Posterior capsule stretch**

Place your affected arm across your body. Use your other arm to interlock and pull your arm towards your body. Try to gradually work into the resistance at the end of the movement. Do not push into pain. Hold for five seconds. Repeat 10-30 times.

## **ADVANCED**

### **AA stick flexion 1+2**

Stand holding a stick or pole. Gently lift your arm into the air, using your better arm and the stick to help. Try to gradually work into the resistance at the end of the movement. Do not push into pain. Repeat 10-30 times.

### **AA stick abduction 1+2**

Stand holding onto a stick or pole. Gently lift your shoulder out to the side. Try to gradually work into the resistance at the end of the movement. Do not push into pain. Repeat 10-30 times.

### **AA stick extension 1+2**

Stand holding onto a stick or pole. Gently reach as far as possible backwards without leaning forwards. Use the stick to help. Try to work into the resistance but never into pain. Repeat 10-30 times.

### **AA stick lateral rotation 1+2**

Stand holding the stick with your elbows bent at a right angle. While keeping your elbows tucked in, rotate your hand away from your body. Try to work into resistance but never pain. Repeat 10-30 times.

### **Posterior capsule stretch**

Place your affected arm across your body. Use your other arm to interlock and pull your arm towards your body. Try to gradually work into the resistance at the end of the movement. Do not push into pain. Hold for five seconds, repeat 10-30 times.

Repeat twice a day, until you have normal range of movement or enough movement to do your day-to-day activities.

**If you are ever unsure of any of these exercises, then seek the advice of a physiotherapist or visit your GP.**