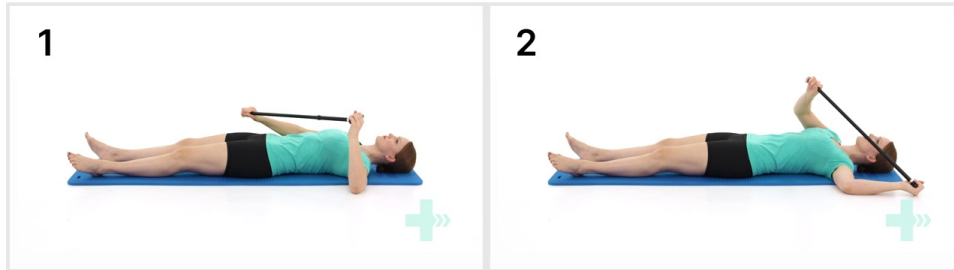


Shoulder Exercises for Adhesive Capsulitis "Frozen Shoulder"

1. Shoulder external rotation 90 to 180° AAROM, with stick, arm out to side, supine

3 Sets • 10 Reps • 10 s hold



Lie on your back holding a stick in both hands.

Bring your affected elbow out to your side at shoulder height with your hand pointing towards the ceiling.

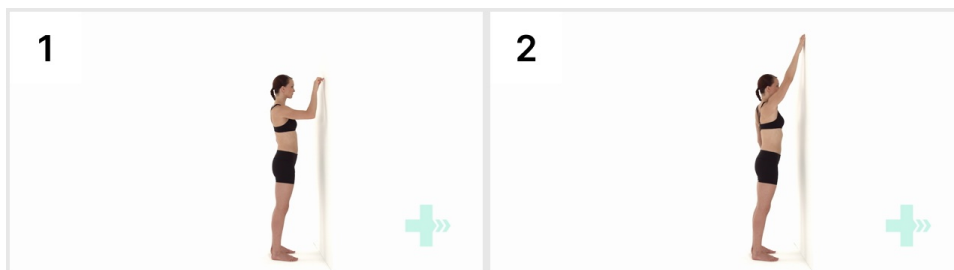
Your elbow should be at 90 degrees holding the stick with your forearm vertical.

Keeping your upper arm rested on the floor, rotate the stick overhead as though trying to reach the back of your hand to the floor ahead.

Control the movement as you bring your forearm back to the vertical position and repeat.

2. "Wall finger walks" Shoulder flexion/elbow extension AAROM; 02

3 Sets • 10 Reps • 5 s hold



Take your hand out in front of you and place it up against the wall.

Walk your fingers all the way up the wall as high as you can go.

Make sure your shoulders are pointing straight towards the wall and you do not hunch your shoulders.

Walk your fingers back down to the starting position.

3. Shoulder flexion to 180° AAROM, with stick, supine

3 Sets • 10 Reps



Lie on your back holding a stick across your body in each hand.

Your arms should be around shoulder width apart, or slightly wider depending on what is comfortable.

Using your unaffected hand to assist the movement, lift the stick directly up into the air. Continue to raise the stick up and over your head, aiming to touch the floor above you. It's ok if your elbows soften a little here.

Control the movement as you slowly lower your arms back down again, and repeat.