

Exercise plan:
Frozen Shoulder

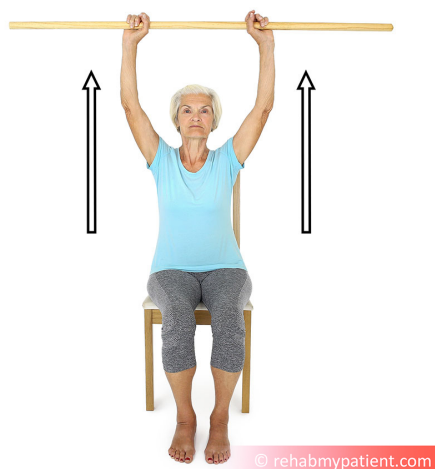
Patient:
Patient Exercises



Pendulum with Traction

Hold a weight in your hand. Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently in circles. Try to let momentum and gravity gently move your arm. Go gently clockwise and anti-clockwise. This exercise is a great way to passively mobilise a stiff shoulder.

Sets: 2 | Time: 1min | Perform 5 days weekly



Shoulder Flexion with Dowel Full Sitting

Sit upright, and hold a dowel rod on your thighs. Lift your arms gently to shoulder level, and then come up above your head. Only go as far as feels comfortable and stop if you get any pain. Let your arms slowly come down. Your good arm can support your bad arm.

Sets: 3 | Repetitions: 10 | Time: hold for 5 seconds | Perform 5 days weekly



Extension with Dowel Rod Standing

Gently extend your arms behind your back while grasping a pole, rod or golf club. Go as far as feels comfortable, and then return to neutral. If you don't have a dowel rod, you can use a broom stick or golf club. This exercise can help improve mobility to your shoulders.

Sets: 3 | Repetitions: 10 | Time: hold for 5 seconds | Perform 5 days weekly



External Rotation with Dowel Rod Sitting

Sit down with good posture. Hold a dowel rod, golf club or walking stick in both hands. Place a rolled up towel between your elbow and side. Use your good arm to push your painful arm gently outward. Keep your elbows into your side. This is a passive mobilisation to improve external rotation of your shoulder.

Sets: 3 | Repetitions: 10 | Time: hold for 5 seconds | Perform 5 days weekly



Passive Abduction with Dowel Rod

Hold a dowel rod in front of you, and use your good arm to assist your painful arm in moving away from your body. Only go as far as feels comfortable, unless your therapist advises you otherwise. This exercise helps improve mobility of the shoulder. If you don't have a dowel rod, you can use a broom stick or golf club.

Sets: 3 | Repetitions: 10 | Time: hold for 5 seconds | Perform 5 days weekly



90 Degree Wall Crawl

Slowly walk your fingers up the wall, to the side of your body. When you reach your limit (discuss what point this should be with your therapist), walk your fingers back down the wall. This exercise will improve mobility to your shoulder.

Sets: 2 | Repetitions: 10 | Time: hold for 5 seconds | Perform 5 days weekly



Wall Crawl

Slowly walk your fingers up the wall, directly to your side. When you reach your limit (discuss what point this should be with your therapist), walk your fingers back down the wall. Make sure that you do not hunch/shrug your shoulder as you lift your arms. This exercise will improve mobility and strength to your shoulder.

Sets: 2 | Repetitions: 10 | Time: hold for 5 seconds | Perform 5 days weekly



Ice Lateral Shoulder (Sitting)

Place an ice bag or pack of frozen peas (make sure you wrap it in a thin towel) over the outside of your shoulder. Place it there for the required length of time.

Time: 10min

1. Discontinue any exercise that causes pain or discomfort.
2. Pace yourself. These are gentle exercises try not to strain.
3. Breathe slowly and deeply and don't hold your breath.
4. Stretch slowly and gently instead of bouncing.
5. Muscle soreness usually only lasts for the first 3-4 days.