

FROZEN SHOULDER REHABILITATION EXERCISES

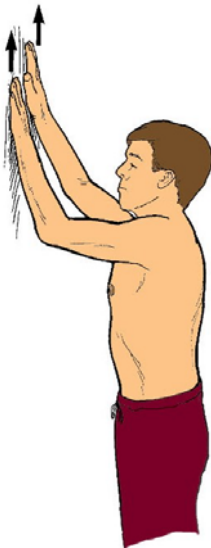
Exercise no. 1)

Bend forward so that your torso is parallel to the ground, and lean on a stool or table with your healthy arm.

Completely relax your sore arm, and let it hang loose. Gently move your knees backwards and forwards, which will make your arm swing slightly.

Do this exercise for about 5 minutes.

This swinging exercise should be carried out before and after the exercises that follow, and when you feel pain in your shoulder.



Exercise no. 2)

Stand in front of a flat vertical surface (a wall, closed door, wardrobe etc.)

Rest both your hands on the wall. With the hand of your sore arm "climb" up the wall with your fingers (or slide your hand upwards), as shown in the diagram. Try and reach up as high as possible. Hold this position for 10 seconds, then bring your hand slowly back to the starting position.

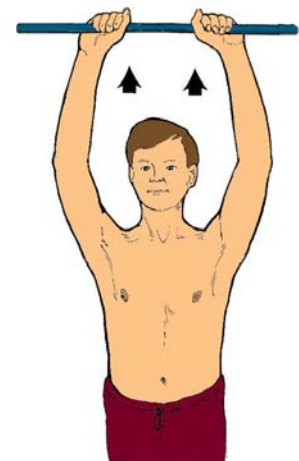
Repeat the exercise 5 times.

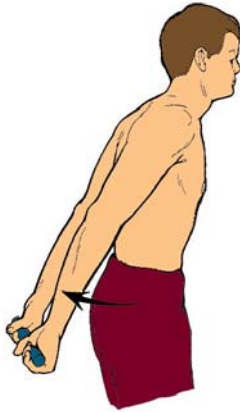
Exercise no. 3)

Making sure that you are standing upright, take hold of a rod or pole (a broom handle will do) with both hands, palms facing downwards.

Lift your arms as far as possible above your head, without bending your elbows. Hold the position for 10 seconds and then lower your arms slowly back to the starting position.

Repeat the exercise 5 times.





Exercise no. 4)

Making sure that you are standing upright, take hold of the rod or pole with both hands behind your back.

Now lift the rod up and away from your back as far as possible (see diagram). Hold the position for 5 seconds. Relax your arms and bring them back to the starting position.

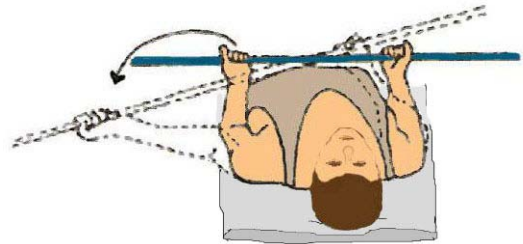
Repeat the exercise 5 times.

Exercise no. 5/a)

Lie down on your back, holding a rod or pole with both hands, palms facing upwards. Your shoulders should be touching the floor, with your arms by your sides, and your elbows bent at an angle of 90°.

Using your healthy arm, push the sore arm outwards away from your body. Make sure that the elbow of your sore arm is kept close to your body. Hold the position for 15-20 seconds, then return to the starting position.

Repeat the exercise 5 times.



Alternatively, the same exercise can be carried out as follows:

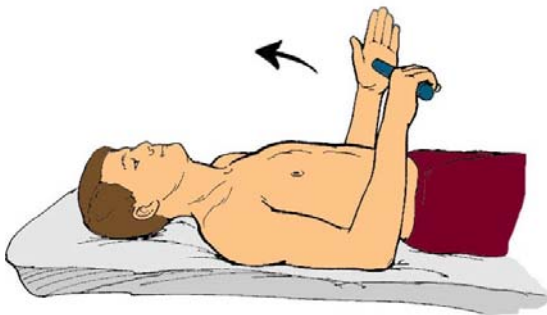
Exercise 5/b)

Lie down on your back, with your arms by your sides and your elbows bent at 90°.

Take hold of a rod or pole with the hand of your healthy arm, and press the end of the rod against the palm of the "sore" hand, making the arm rotate outwards (making sure your elbow stays by your side).

Hold the position for 15-20 seconds, and then return your arms to the starting position.

Repeat the exercise 5 times.





Exercise no. 6)

Sit on a stool, and hold your elbows as shown in the picture (opposite hand to elbow).

Lean forward from the hips, in order to bring your elbows to your knees, or if possible, beyond them.

Hold this position for 20-30 seconds.

Exercise no. 7)

Whilst standing, rotate your shoulders backwards to form a complete circle, as follows:

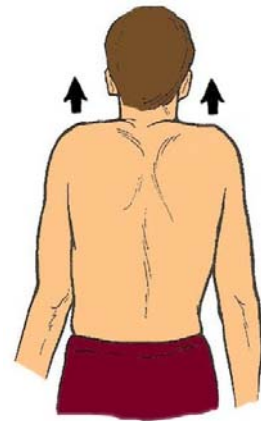
- a)** lift both shoulders and hold this position for 5 seconds,
- b)** rotate your shoulders backwards, pushing your shoulder blades against each other then hold this position for another 5 seconds,
- c)** lower your shoulders, and hold them down for 5 seconds, then bring them back to the starting position.

Repeat 5 times.

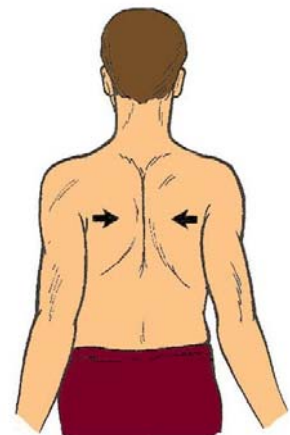
Now perform the exercise rotating your shoulders forwards, as follows:

- d)** move your shoulders backwards, pushing your shoulder blades against each other, and hold this position for 5 seconds,
- e)** lift both shoulders, and hold them there for 5 seconds,
- f)** bring your shoulders forward and down, holding the position for 5 seconds, then bring them back to the starting position.

Repeat 5 times.



A



B



Exercise no. 8)

Whilst standing, bend the elbow of the sore arm behind your back, keeping your forearm at waist height.

From this position, try to lift your hand away from your back (see diagram).

Lift your hand as far as you can, then hold this position for 10 seconds. Relax and go back to the starting position.

Repeat 5 times.

Exercise no. 9)

Lift your sore arm to shoulder height and lean the palm of your hand against a wall.

Keeping your arm straight, rotate your body (moving your feet) until you feel a gentle stretch along your arm. Hold this position for 15-20 seconds, and then return to the starting position.

Repeat 5 times.



Exercise no. 10)

Standing at the corner of a room, lift your arms to shoulder height. Your elbows should be slightly bent, and your body should be about 60-70 cm from the corner, as shown in the diagram.

Keeping your feet still, and without arching your back, push your upper body forwards until you feel your chest muscles stretching. Hold this stretch for 15-20 seconds, and then return to the starting position.

Repeat 5 times.



GENERAL GUIDELINES FOR PERFORMING THESE EXERCISES

Before starting the exercises, you should read them thoroughly so that you know exactly what movements are required, for how long positions should be held, and how often they should be repeated.

Choose a suitable room in which to do the exercises, where there is enough space so that you won't hit yourself on anything.

Make sure you have all the necessary equipment: a mat or blanket for the exercises where you will be lying down, a stool or a small table, a rod and a cushion.

You should try and do the exercises every day at whatever time suits you best. If this is not possible, you should do them at least 3 times a week.

Do the exercises slowly, following the order in which they are presented.

Concentrate on the movements, and be aware of the progress you make day by day.

The number of repetitions is only a guideline. Gradually build up the number that you do.

If a particular exercise causes pain, stop immediately and move on to the next one. Wait a day or so before trying it again.