

FROZEN SHOULDER

Codman/Pendular Exercises

Stand with the hand of your unaffected shoulder on the table.

Bend at the hips approximately 75 to 90 degrees and let your affected arm hang down toward the floor.

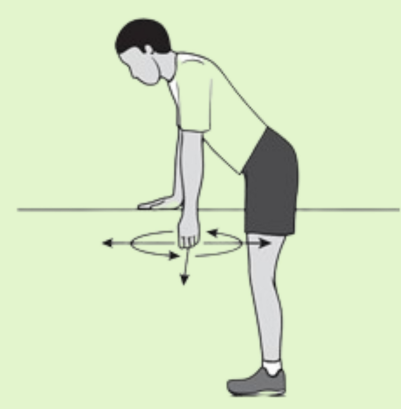
Shift your weight side to side, letting your arm swing freely side to side.

Shift your weight forward and backward, letting your arm swing freely front to back.

Move your body so that your arm swings in a circle, being careful not to use your shoulder muscles to create movement. Keep the circle small, less than 8 inches.

Continue for 30 seconds. Each day, increase the time until you can do 3 to 5 minutes.

Repeat 5 times per day.



Flexion with wand/stick

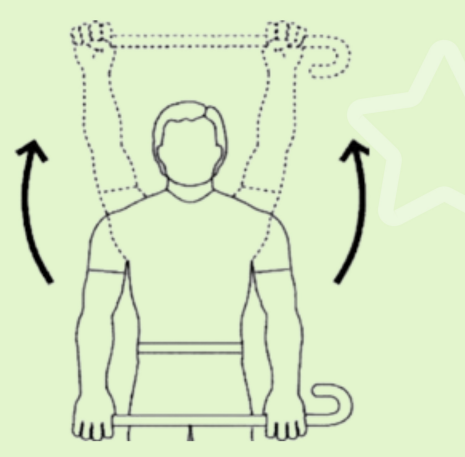
Stand and hold a wand/stick with both hands.

Raise both your arms from the shoulder in front of your body till the point you start feeling slight pain.

Hold the position for about 2-3 seconds and lower your arms.

Increase the range when the pain gets tolerable.

Repeat 10 times at a time, twice in a day



Abduction with wand/stick

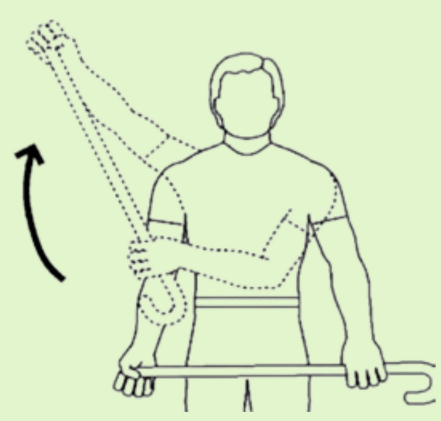
Stand and hold a wand/stick with both hands.

With the help of unaffected shoulder push your affected shoulder up sideways till the point you start feeling slight pain.

Hold the position for about 2-3 seconds and lower your arms.

Increase the range when the pain gets tolerable.

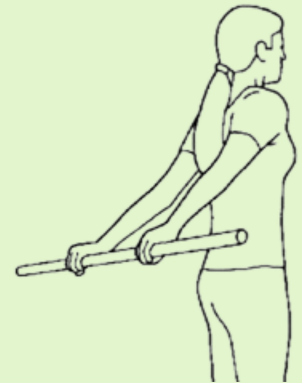
Repeat 10 times at a time, twice in a day



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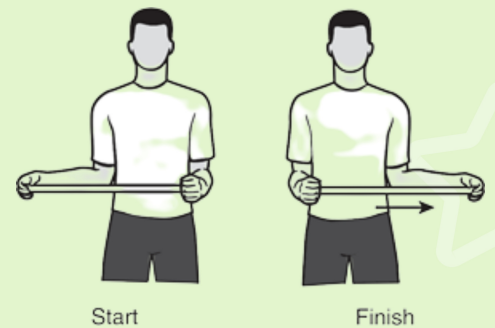
Extension with wand/stick

Stand and hold a wand/stick with both hands behind your back.
extend your arms backwards till the point you start feeling slight pain.
Hold the position for about 2-3 seconds and lower your arms.
Increase the range when the pain gets tolerable.
Repeat 10 times at a time, twice in a day



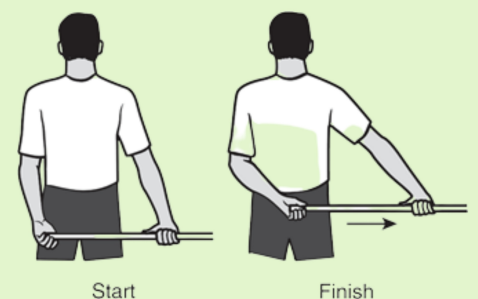
Rotations with wand/stick

Stand and hold a wand/stick with both hands.
Bend your elbows 90 degrees and fix both your elbows on the sides of your body.
Rotate your hand from inside to outside and then from outside to inside till the points you start feeling slight discomfort in shoulder.
Hold the position for about 2-3 seconds.
Increase the range when the pain gets tolerable.
Repeat 10 times at a time, twice in a day



Internal rotation with extension with wand/stick

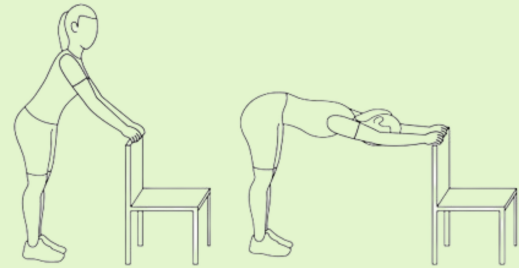
Stand and hold a wand/stick with both hands behind your back.
With the help of unaffected shoulder pull your affected shoulder in by sliding the hand behind your back till the point you start feeling slight pain.
Hold the position for about 2-3 seconds and relax your arms.
Increase the range when the pain gets tolerable.
Repeat 10 times at a time, twice in a day



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Chair Stretches

Stand and hold the back of stable chair.
Start bending your back and move away from the chair till the point you start feeling stretch in your shoulder.
Hold the position for about 2-3 seconds and straighten your back.
Increase the range when the pain gets tolerable.
Repeat 5 times at a time, twice in a day



Towel Stretches

Begin by taking the towel into your unaffected hand and bending your elbow overhead so that the towel falls behind you.
Grab for the bottom of the towel with your left hand.
Pull down gently with your left arm so that you start to feel a stretch in the upper arm and shoulder.
Hold the position for about 2-3 seconds and straighten your back.
Increase the range when the pain gets tolerable.
Repeat 5 times at a time, twice in a day



Internal rotation with extension with wand/stick

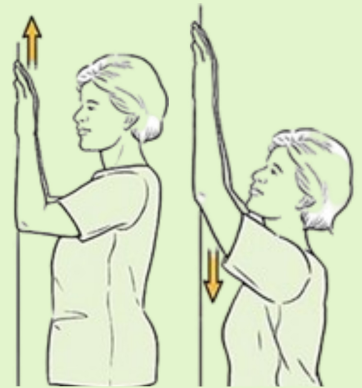
Take your affected arm across the chest towards your opposite shoulder.
With the help of the opposite hand put a slight overpressure to the affected shoulder till you feel the stretch.
Hold the position for about 2-3 seconds and relax your arms.
Increase the range when the pain gets tolerable.
Repeat 5 times at a time, twice in a day



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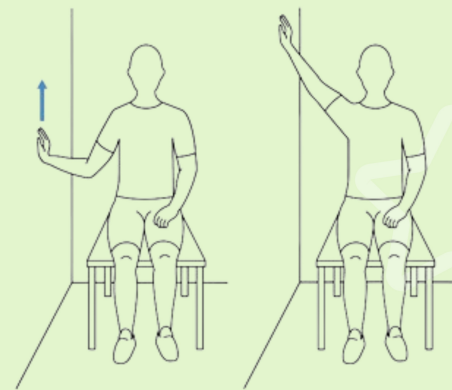
Wall Stretches Front

Stand facing the wall.
Slide up your affected arm by placing the hand against the wall.
Reach as high as you can.
Hold the position for about 2-3 seconds and slide your arm down..
Increase the range when the pain gets tolerable.
Repeat 5 times at a time, twice in a day



Towel Stretches

Stand/Sit sideways with the palm of the affected arm against the wall.
Slide up your affected arm.
Reach as high as you can.
Hold the position for about 2-3 seconds and slide your arm down..
Increase the range when the pain gets tolerable.
Repeat 5 times at a time, twice in a day



Sleeper Stretch

Lie on your affected shoulder with your elbow making a 90 degree angle.
With the help of opposite hand pull your elbow down towards the bed as much as you can.
Hold the position for about 2-3 seconds and come back to the starting position.
Increase the range when the pain gets tolerable.
Repeat 10 times at a time, twice in a day.

