

Frozen Shoulder: Exercises

Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

How to do the exercises

Neck stretch to the side (upper trap stretch)



1. Sit in a firm chair, or stand up straight. Keep your shoulder down as you lean away from it. To help you remember to do this, start by relaxing your shoulders and lightly holding on to your thighs or your chair.
2. Look straight ahead. Tilt your head toward one shoulder and hold for 15 to 30 seconds. Relax and let the weight of your head stretch your muscles.
3. Slowly return your head to the starting position.
4. Repeat 2 to 4 times toward each shoulder.

If you would like a little added stretch, place your arm behind your back. Use the arm opposite of the direction you are tilting your head. For example, if you are tilting your head to the left, place your right arm behind your back.

You can also add more stretch by using one hand to pull your head toward your shoulder. For example, keeping your right shoulder down, lean your head to the left and use your left hand to gently and steadily pull your head toward your shoulder.

Shoulder roll



1. Stand or sit up straight, with your chin slightly tucked.
2. Keep your arms relaxed. All motion will be in your shoulders.
3. Roll your shoulders up, then back, then down, and then forward in a smooth, circular motion. Repeat at least 2 to 4 times.
4. Then go the other direction. Press your shoulders down, then back, then up, and then forward in a smooth, circular motion. Repeat at least 2 to 4 times.

Shoulder extensor stretch (lying down, with wand)



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1. Lie on your back with your knees bent. Hold a wand with both hands, placing one hand near each end of the wand. (You can also use a broom handle or anything stiff and about 3 feet long.) Your palms should face down as you hold the wand. Straighten your elbows and rest the wand on your legs, just below your hips. This is your starting position.
2. Keeping your elbows straight, slowly raise your arms over your head. Raise them until you feel a stretch in your shoulders, upper back, and chest. Try not to shrug your shoulders.
3. Hold for 15 to 30 seconds, and then return to the starting position.
4. Repeat 2 to 4 times.

Shoulder rotation (lying down, with wand)



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1. Lie on your back. Hold a wand with both hands with your elbows bent and palms up. You can also use a broom handle or anything stiff and about 3 feet long.
2. Hold your elbows close to your body, and move the wand across your body toward the affected arm.
3. Hold for 15 to 30 seconds, and then return to the starting position.
4. Repeat 2 to 4 times.
5. It's a good idea to repeat these steps toward your other arm.

Shoulder internal rotation stretch (with towel)



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1. Roll up a towel lengthwise. Put the towel over your unaffected shoulder and hold the front end with your unaffected hand.
 2. With your affected arm, reach behind your back and grasp the other end of the towel.
 3. There are two ways to stretch your affected shoulder.
 4. Hold for 15 to 30 seconds.
 5. Relax and move the towel back to the starting position.
 6. Repeat 2 to 4 times.
 7. If you can, repeat these steps for your other shoulder.
- With the towel lying on your shoulder, pull the front end of the towel down with your unaffected arm until you feel a stretch in the front and outside of your affected shoulder.
 - Pull the front end of the towel straight up above your head with your unaffected arm until you feel

a stretch in the front and outside of your affected shoulder.

Shoulder-blade squeeze



1. Sit or stand up straight with your arms at your sides.
2. Keep your shoulders relaxed and down, not shrugged.
3. Squeeze your shoulder blades down and together.
4. Hold for about 6 seconds, then relax.
5. Repeat 8 to 12 times.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

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