

Frozen Shoulder Exercises

for more instruction visit <http://www.youtube.com/watch?v=vJ-hm8bzOsk>



Flexion

On one knee grab pole with both hands with the bad arm above the good one. Holding steady, inch or crawl your bad arm up the pole as far as possible without pain. Once you can't move further stop and push down counting to 10 seconds. Then relax and inch your way back up the pole repeating the process. Repeat 3-5 times. Make sure to keep shoulders level with each other throughout the exercise.

Extension

Standing grab pole with bad arm behind the good one. Using your good arm push the pole backwards as far as you can without pain. Once you can't go further stop and push forward with the bad arm counting to 10 seconds. Then relax and repeat the process 3-5 times. Make sure to keep shoulders level and straight with each other throughout the exercise.



Internal Rotation

Standing, grab pole with both arms behind your back. Palms facing away from you. Using bad arm, for 10 seconds try to pull arm away from body as far as you can without pain (L-R in the picture). Relax. Using good arm pull in the other direction (R-L in the picture). Once you can't go further stop and pull L-R again with the bad arm counting to 10 seconds once again. Repeat the process 3-5 times.

Abduction

Standing, grab pole with both arms in front of your body. Using good arm push to raise bad arm away from you as far as you can without pain. Stop and using bad arm push bad towards your body for 10. Relax. Repeat the process 3-5 times.



External Rotation

Laying, grab pole with both hands. Elbows at sides, palms facing you. Using the good arm push the bad arm out as far as you can without pain. Stop, and push back in with the bad arm for 10 seconds. Repeat 3-5 times.