

Exercises For Frozen Shoulder Injuries



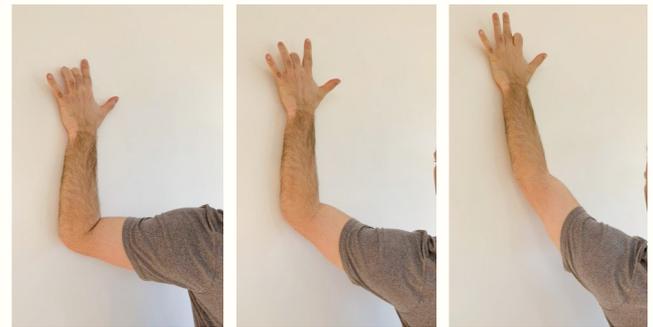
Armpit stretch

- Using your good arm, lift the affected arm to rest the elbow onto a shelf about breast high.
- Gently bend your knees, opening up the armpit.
- Deepen your knee bend slightly, gently stretching the armpit. And then straighten.
- With each knee bend, stretch a little further, but don't force it.
- Do this 10 to 20 times each day



Finger walk

- Face a wall three quarters of an arm's length away. Reach out and touch the wall at shoulder level with the fingertips of the affected arm.
- With your elbow slightly bent, slowly walk your fingers up the wall. Spider-like, until you've raised your arm as high as you comfortably can.
- With your elbow slightly bent, slowly walk your fingers up the wall. Spider-like, until you've raised your arm as high as you comfortably can.
- Your fingers should be doing the work, not your shoulder muscles. Slowly lower the arm (with the help of the good arm, if necessary) and repeat
- Perform this exercise 10 to 20 times a day.



You might prefer to start this exercise at waist height initially.



Pendulum stretch

- Relax your shoulders.
- Stand and lean over slightly, with or without a support, allowing the affected arm to hang down.
- Swing the arm in a small circle— about a foot in diameter.
- Perform 10 revolutions in each direction, once a day



As your symptoms improve increase the diameter of your swing but never force it. When you're ready for more, increase the stretch by holding light weight.

