

Exercise plan:

Frozen shoulder advanced website

Patient:

--

Date:

24th Apr 2020

Passive Flexion Arm Lift Full Lying

Use your good arm to lift your painful arm. Make sure your painful arm stays relaxed. Take your arm as high as feels comfortable. Stop when you feel pain, and slowly lower your arm. This exercise will help improve your shoulder mobility.

Hold for 10 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/YAsXd45FmGo>



© rehabmypatient.com

Mid-Deltoid Stretch

Place your arm across your chest, and resist pulling your arm away from your body. Your arm should not move. This exercise stretches the mid-deltoid muscle located in the upper arm and shoulder.

Hold for 10 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/CPnpQVDzVgM>



© rehabmypatient.com

Pec Stretch

Bend your elbow 90 degrees, and rest your forearm against a door frame or wall, with your fingers pointing towards the ceiling. Lean forwards creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.

Hold for 10 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/OHtz3C0v9IM>



© rehabmypatient.com



© rehabmypatient.com

The Bra-Strap Exercise Passive

Use your comfortable arm to move your sore arm behind your back, as if you were reaching between your shoulder blades, but only go as far as feels comfortable. Try to keep your sore arm as relaxed as possible. You should feel a gentle pulling at the front of your shoulder. Sometimes if your shoulder is sore this exercise can be uncomfortable, but it does increase the mobility of your shoulder.

Hold for 10 | Repeat 5 times | Perform 3 times daily

Video: <http://youtu.be/IHhV3CQ0w98>



© rehabmypatient.com

Shoulder Push

Grasp a dumbbell in each hand, and lift the dumbbell above your head with one arm, and then the other. This exercise strengthens the deltoid muscle group.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/ddRR7SFmuug>



© rehabmypatient.com

Bench Row DB

You will need a bench and a dumbbell. Plant your hand on the bench and your feet flat on the ground. Lean over the bench while you maintain a neutral spinal position by arching your back slightly. From there, you'll make a "starting the lawnmower" action with the dumbbell bringing it up to around chest level and slowly lowering it back down.

Repeat 10 times | Perform 3 times daily

Video: <http://youtu.be/MFSjk4u0ZGY>



© rehabmypatient.com

Chest Press with DB

Lying on a bench, grasp dumbbells in your hands with your elbows bent at 90 degrees. Straighten your arms to lock your elbows out, and bring the weights close together. Lower the weights down, but do not take the weights below horizontal, or chest level. This exercise predominantly strengthens the pectoral (chest) and triceps (upper arm) muscles.

Repeat 10 times | Perform 3 times daily

Video: http://youtu.be/fdG_7jV_c88

