

Exercise plan:
Frozen Shoulder EASY

Patient:
CHCP WEBSITE EXERCISES

Date:
19th Jul 2022

Dear Patient,

You may experience some pain initially with your exercises, either during or afterwards. This is not unusual and should not last for a long time. If your pain continues to worsen or becomes more continuous and you feel this is related to the exercises, then please stop them and seek professional advice. If it seems to be one exercise in particular, stop that one and seek professional advice if required.

There are several ways to progress your exercises independently if you wish, these include: increasing the number of repetitions, increasing the number of sets, increasing how long you hold it for, or increasing the resistance/weight used. The same can be applied to make the exercises easier, by reducing those numbers.



Pendulum

Lean over holding on to a chair or table, let your arm hang down by your side. Gently swing your arm gently in circles. Try to let momentum and gravity move your arm. Go anti-clockwise and clockwise. This exercise is a great way to passively mobilise a stiff shoulder.

Repetitions: 15 | Time: 2 to 3 x a day

Video: <http://youtu.be/YYvI59eU78M>



Seated Table Slide into Flexion

Sit down and rest your hand/forearm on a cloth on a table. Slide your hands forwards as far as feels comfortable, as you lean forward to increase the stretch.

Stretch as pain allows, discomfort is ok, but work within a comfortable range for you. It's ok if you can't lean as far as the lady in the picture.

This exercise improves flexion in your shoulder.

Repetitions: 12 | Time: 2 to 3 x a day

Video: <https://youtu.be/v-aEaSYT-74>



Isometric Shoulder Flexion Wall

Stand facing a wall. Bend the elbow to a right angle as shown in the picture.

Push your arm forwards, into the wall. Hold the push for a count of 3, then relax (the arm should stay still as it pushes). This will cause a contraction of the shoulder muscles. Repeat as required.

If it is painful, try not pushing as hard.

Repetitions: 8 to 12 | Time: 2 to 3 x a day

Video: <https://youtu.be/WCec1F7KfBI>



Isometric Shoulder External Rotation Wall

Stand with your side to a wall or a door frame. Tuck your elbow into your body. Push your forearm/hand outwards away from your body, into the wall. Keep your elbow tucked in to your side as you perform the movement. This will cause a contraction of the shoulder muscles. (the arm should stay still as it pushes). Hold the push for a count of 3, then relax.

If it is painful, try not pushing as hard.

Repetitions: 8 to 12 | Time: 2 to 3 x a day

Video: <https://youtu.be/xZKIQIkAeZA>