

<p>Exercise plan: Frozen shoulder easy website</p>	<p>Patient: --</p>	<p>Date: 24th Apr 2020</p>
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Pendulum

Lean over holding on to a chair or table, let your arm hang down by your side, and 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.

Repeat 15 times | Perform 3 times daily

Video: <http://youtu.be/YYvl59eU78M>



Pendulum 2

Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently from front to back. Try to let momentum and gravity move your arm. Go forwards and then backwards. This exercise is a great way to passively mobilise a stiff shoulder.

Repeat 15 times | Perform 3 times daily

Video: <https://youtu.be/TI0jjlx5WM>

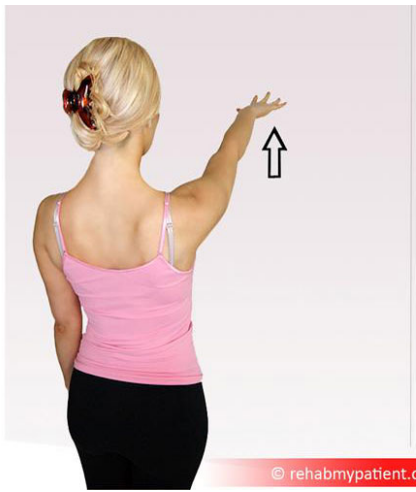


Active Pendulum

Leaning forwards, let both arms hang by your side. Gently move your arms just a few inches away from each other before returning to the start position. As you get more confident you can keep increasing the distance between your arms until you can lift your arms to the horizontal. This is an active mobility exercise for your shoulders.

Repeat 15 times | Perform 3 times daily

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



Wall Crawl Forwards

Walk your fingers up the wall. You should discuss at what point you should stop with your therapist, but if in doubt, keep the movement within your comfort zone). Carefully walk your fingers back down the wall. Ensure you keep your shoulder relaxed - do not allow your shoulder to hunch as you lift it. This exercise will help improve mobility to your shoulder.

Repeat 15 times | Perform 3 times daily

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



Isometric Shoulder Flexion Wall

Stand facing a wall. Decide If you wish to use a bent arm, or a straight arm. It does not really matter which you choose. Push your arm in front of you, into the wall. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.

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

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



Isometric Shoulder Extension Wall

Stand with your back to a wall. Decide If you wish to use a bent arm, or a straight arm. It does not really matter which you choose. Pull your arm behind you, into the wall. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.

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

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



Isometric Shoulder External Rotation Wall

Stand with your side to a wall or a door frame. Tuck your elbow into your body. Push your arm 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. Hold the contraction, and relax. Repeat as required.

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

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

