

Exercise plan:  
**Frozen Shoulder Moderate**

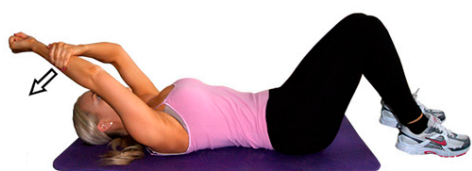
Patient:  
**CHCP WEBSITE EXERCISES**

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, 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.



### 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.

(Try this lying on the bed and reaching for the headboard. If you can reach, shuffle yourself down the bed and try again, this time you're a bit further away)

**Sets: 2-3 | Repetitions: 15 | Time: DAILY**

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

© rehabmypatient.com



### Scaption with Dowel Rod

Holding two ends of a stick in each hand, lift the rod to the side of your body. The movement should be controlled, and not too fast.

Try to keep the painful arm as relaxed as possible, so you control the movement with the good arm. This is a useful mobility exercise for your shoulders.

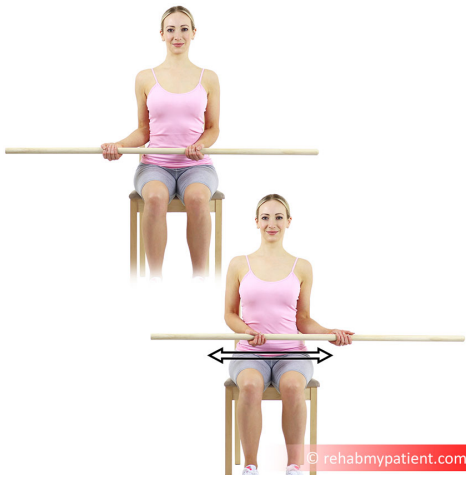
Only take your shoulder as far as feels comfortable, a bit of stretch or discomfort is ok.

TIP: watch as you do this in a mirror, check to see if you're hunching your shoulder towards your ear. If so, you need to relax and try not go as high.

**Sets: 2-3 | Repetitions: 12 | Time: DAILY**

Video: <http://youtu.be/8DZXPGRMa9A>

© rehabmypatient.com



## Rotation with a Dowel Rod Sitting

Sit or stand upright, holding a dowel rod, pole, golf club or broom stick. Keeping your elbows tucked in to your side, gently rotate your arms moving the dowel rod to one side, and then the other side.

Try not to twist your body.

Try to relax your sore arm, and use the not sore arm to gradually increase the stretch/range.

This exercise will help to improve shoulder mobility.

**Sets: 2-3 | Repetitions: 12 | Time: DAILY**

Video: <https://youtu.be/1KAeSp3eqUU>



## 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, A bit of stretch and discomfort is ok.

Sometimes if your shoulder is sore this exercise can be uncomfortable, but it does increase the mobility of your shoulder.

**Sets: 2 - 3 | Repetitions: 12 | Time: DAILY**

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