

Exercise plan:
Frozen Shoulder Advanced

Patient:
CHCP WEBSITE EXERCISES

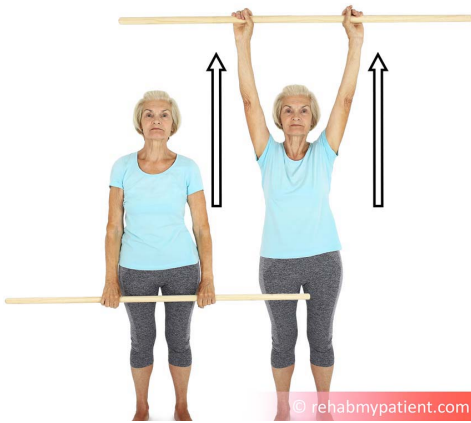
Date:
19th Jul 2022

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.

Dowel Rod Flexion Full Lift



Stand or sit, and hold a dowel rod, stick or golf club in both hands. Slowly and carefully lift the dowel rod as high as feels comfortable. A stretch, or a bit of discomfort is ok. It shouldn't be very painful. Hold the stretch for ~5 seconds. then relax.

Some might prefer to do this lying down. If you don't have a stick, walk your hand forwards up a wall as high as you can instead.

Sets: 2-3 | Repetitions: 12 | Time: daily

Video: <https://youtu.be/aCC0FINtud8>

The Football Supporter



Take a scarf, hand towel or dowel rod, and grasp both ends. Lift it above your head, and slowly move the scarf from side-to-side as if you were waving a football scarf. This exercise will help improve mobility to the shoulder, but if your shoulder is stiff, start gently as it can be uncomfortable.

Sets: 2-3 | Repetitions: 12 | Time: daily

Video: http://youtu.be/1bGs1_gw1_0



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Towel Dryer

Your good arm holds the towel above your head, and your sore arm relaxes behind your back. Lift your sore arm by pulling upwards with your good arm. You will feel a stretch/discomfort deep in your shoulder. 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/y5UjFMCj5KQ>



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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 gently creating a stretch across your upper arm, front shoulder and slightly into your chest. Hold the stretch for ~5 seconds. This exercise stretches the pectoral muscles.

Sets: 2-3 | Repetitions: 12 | Time: daily

Video: <https://youtu.be/jTa9Q8aKCU>