



## **Frozen Shoulder: Exercises for Stretching**

Spend 30 minutes 3 times a week doing the following exercises; 10 repetitions each. Take your time. You should begin to notice improvement in 4-6 weeks.

- A. Stand with your shoulder blades against the wall and hands behind your head. Move the shoulder joint by pinching your shoulder blades together until your elbows touch the wall. An assistant can help if needed.
- B. Reach up and grasp an overhead support or door. Then flex your knee, using your body weight to pull on your stiff shoulder. Repeat this with stretching movements.
- C. Reach behind your back, grasp your hand on the side of the stiff shoulder, and pull upward toward the opposite shoulder blade.
- D. Stretch your arm upward in an overhead reach. You can assist with the opposite arm.
- E. Move the hand and forearm on the affected side away from your body. Perform this movement against resistance offered by an elastic band bungee cord that is held against your chest in the opposite hand.
- F. Stretch the affected shoulder in a cross-body reach by moving the wrist toward the point of the opposite shoulder. If you need assistance, press on the upper arm with your opposite hand.

