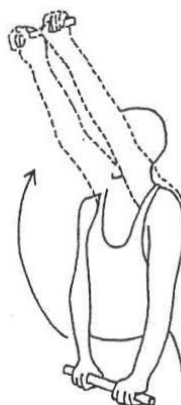


Frozen Shoulder Rehabilitation Exercises

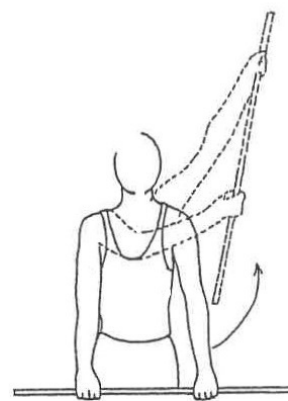
1. Wand exercises

A. **Shoulder flexion:** Stand upright and hold a stick in both hands, palms down. Stretch your arms by lifting them over your head, keeping your elbows straight. Hold for 5 seconds and return to the starting position. Repeat 10 times.



Shoulder flexion

B. **Shoulder abduction:** Stand upright and hold a stick with both hands, palms down. Rest the stick against the front of your thighs. While keeping your elbows straight, use your good arm to push your injured arm out to the side and up as high as possible. Hold for 5 seconds. Repeat 10 times.



Shoulder abduction

C. **Shoulder extension:** Stand upright and hold a stick in both hands behind your back. Move the stick away from your back. Hold the end position for 5 seconds. Relax and return to the starting position. Repeat 10 times.

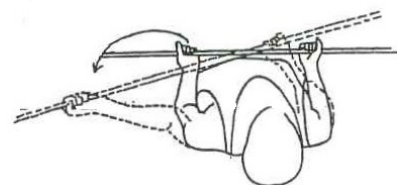


Shoulder extension



Internal rotation

D. **Internal rotation:** Stand upright holding a stick with both hands behind your back. Place the hand on your uninjured side behind your head grasping the stick, and the hand on your injured side behind your back at your waist. Move the stick up and down your back by bending your elbows. Hold the bent position for 5 seconds and then return to the starting position. Repeat 10 times.



External rotation

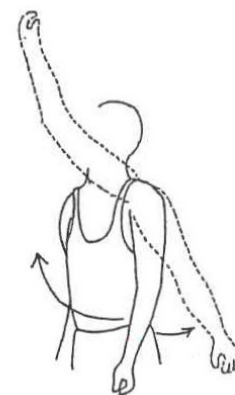
E. **External rotation:** Lie on your back and hold a stick in both hands, palms up. Your upper arms should be resting on the floor, your elbows at your sides and bent 90 degrees. Using your good arm, push your injured arm out away from your body while keeping the elbow of the injured arm at your side. Hold the stretch for 5 seconds. Repeat 10 times.

2. **Scapular range of motion:** Shrug your shoulders up. Squeeze your shoulder blades together, then push your shoulder blades down. Relax and return to the starting position. Hold each position for 5 seconds. Repeat 10 times.



Scapular range of motion

3. **Active shoulder flexion:** Stand with your arm hanging down at your side. Keep your elbow straight and lift your arm up over your head as far as you can reach. Hold the end position for 5 seconds. Repeat 10 times. Do 3 sets.



Active shoulder flexion