

Exercise plan:
Frozen Shoulder

Patient:
Mrs Julie Dass

Date:
30th Mar 2017



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.

Video: <http://youtu.be/YYvI59eU78M>

Side-arm circles

Draw gentle circles with your arm to the side of your body. Move your arm anti-clockwise and clockwise. This exercise will actively mobilise a stiff shoulder.

Video: <http://youtu.be/ixmb2Du1hiE>



Wash on, wash off

Draw circles with your arm in a clockwise movement, and then an anti-clockwise movement, as if you were wiping a car windscreen or a window. This exercise is a useful mobility exercise for the shoulder.

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





Passive flexion arm lift half

Use your good arm to lift your painful arm (which should stay relaxed). Take your arm up slowly and gently, and do not take it above your head. Stop the lift when you feel pain, and slowly lower the arm. This exercise will help improve your shoulder mobility.

Video: <http://youtu.be/DR8fErLo66Y>



Passive flexion arm lift full

Use your good arm to lift your painful arm (which should stay 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.

Video: <http://youtu.be/UUVMNEE-4h8>



Passive flexion arm lift lying dowel rod

Use your good arm to lift the dowel rod or stick, and hold on to the other end with your bad 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. If you don't have a dowel rod, you can use a broom stick or golf club.

Video: <http://youtu.be/XDEg0yF-w7Q>



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.

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



Door frame stretch single arm

Place your arm above a door frame, and walk forwards creating a stretch underneath your armpit. This is an advanced mobility exercise for the shoulder.

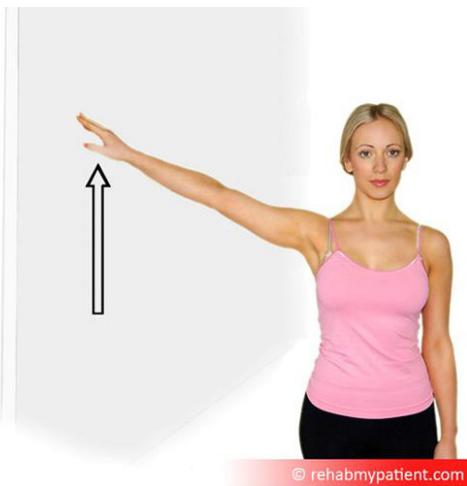
Video: <http://youtu.be/oMuFeOCsqxw>



The football supporter lying

Take a scarf, hand towel or dowel rod, and grasp both ends. Lift it to 90 degrees as shown, and slowly move the scarf from side-to-side. This exercise will help improve mobility to the shoulder, but if your shoulder is stiff, start gently as it can be uncomfortable.

Video: <http://youtu.be/F07ydsmqec>



Wall crawl

Walk your fingers up the wall, directly to your side. When you reach your limit (discuss what point this should be with your therapist), walk your fingers back down the wall. Make sure that you do not hunch/shrug your shoulder as you lift your arms. This exercise will improve mobility and strength to your shoulder.

Video: http://youtu.be/_sd9wyDcBQ



Drawing the sword

Start with your thumb pointing down, somewhere near your opposite knee, and then lift your arm above your head and to the side. At the top of the movement, your thumb should be pointing upwards (i.e. the arm has turned out). Imagine you are drawing a sword out of its sheath. Return to the start position. This is a great mobility and strengthening exercise for your shoulder.

Video: <http://youtu.be/fez1jtytGT8>

Bilateral abduction with band

Relax your arms by your side and hold the ends of an exercise band in each hand. Stretch the band away from your body to create resistance. You will feel muscle contraction in your upper arms and shoulders, as this exercise strengthens the rotator cuff muscles and the deltoid.



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

Outward ball roll

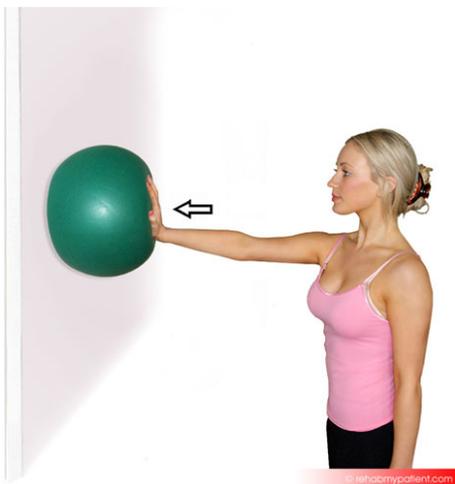
Sitting on the floor, with the ball at your side and your arm resting on the ball, straighten your arm slowly. This is a control and mobility exercise for your shoulder and elbow.



Video: <http://youtu.be/U6Uv1Lxb9o0>

Arm push against goof ball

With a straight arm, push against a goof ball on the wall. Start gently, and when you feel comfortably, use more strength. The ball will move more as you push with more force. This is a great exercise to improve stability to your shoulder.



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

Passive flexion arm lift half lying

Use your good arm to lift your painful arm. Make sure your painful arm stays relaxed. Take your arm to the point of pain, and then stop, but do not lift your arm above the vertical. This exercise will help improve your shoulder mobility.



Video: <http://youtu.be/fhg7meEvvQM>

Scapular control with flexion



Rest your forearms against a wall, in front of you. Slowly slide your arms above your head, while focussing on the movement of your shoulder blades upwards and outwards. At your comfortable end of range, slowly do the opposite as you come back down. Remember to move your shoulder blades slowly throughout the whole movement as you lift your arms up. This exercise helps improve shoulder blade control, and can reduce shoulder impingement.

Video: <http://youtu.be/5Cl6merCy7w>

Pendulum with traction



Hold a weight in your hand. 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.

Pendulum 2 with traction



Hold a weight in your hand. 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 anti-clockwise and clockwise. This exercise is a great way to passively mobilise a stiff shoulder.

Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stablestherapycentre@gmail.com. Good luck and keep with it!