

FROZEN SHOULDER SYNDROME EXERCISES



**Shoulder Post Capsule**

Standing, hold a pole, railing, etc. at shoulder level. Keeping arms parallel to floor, lean body weight straight back. Maintain an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



**Lats / Rot. Cuff Self Traction**

Stand facing a closed door, forward flexed at hips, one foot in front of other. Hold doorknob with outstretched arm, then slowly sit lower body down and backward-feeling a stretch in the back and shoulder. Maintain an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



**Shoulder 'Apleys' - Towel**

Place one hand behind head, palm facing forward, holding a towel. Place other hand behind low back, gripping towel with palm facing out. Walk hands together until you feel a comfortable stretch. Hold for 10 relaxed breaths, Stop if the exercise causes pain. LOWER HAND

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

**Notes:**



### Shoulder Extension - Holding Bar

Stand in front of a pole. Place both hands behind low back and hold the pole. Take a step straight forward, so that hands are pulled away from low back. Hold for 10 relaxed breaths, return to start position. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### 'Shoulder Knot' - Ball

Kneeling with gym ball at shoulder level, place one arm diagonally across ball. Roll forward on ball, allowing arm to travel further along diagonal, feeling stretch at back of shoulder. Hold for 10 relaxed breaths. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



### Codmans Shoulder Pendulum

Bend over with upper body supported on a counter/chair. Let exercising arm hang loosely, holding a light weight. Pull shoulder blade on exercising arm back/downward to stabilize the arm. With shoulder blade stabilized, slowly rotate arm/hand in a clockwise and counterclockwise direction. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Kneel to Bow

Tall on knees, with hands on gym ball in front of thighs. Walk ball forward with hands until arms are level with shoulders and hips. Hold for 3 relaxed breaths, walk ball back to starting position. Repeat. Maintain an abdominal hollow throughout movement. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes: