

# PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

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## Frozen Shoulder Home Exercises

### 1. Pendulum Stretch



Do this exercise first. Relax your shoulders. Stand and lean over slightly, allowing the affected arm to hang down. Swing the arm in a small circle — about a foot in diameter. Perform 10 revolutions in each direction, once a day. As your symptoms improve, increase the diameter of your swing, but never force it. When you're ready for more, increase the stretch by holding a light weight (three to five pounds) in the swinging arm.

### 2. Towel Stretch



Hold the end of a towel behind your back and grab the opposite end with your other hand. Hold the towel in a horizontal position. Use your good arm to pull the affected arm upward to stretch it. Do this 10 to 20 times a day.

### 3. Finger Walk



Face a wall three-quarters of an arm's length away. Reach out and touch the wall at waist level with the fingertips of the affected arm. With your elbow slightly bent, slowly walk your fingers up the wall, spider-like, until you've raised your arm as far as you comfortably can. Your fingers should be doing the work, not your shoulder muscles. Slowly lower the arm and repeat. Perform this 10 to 20 times a day.

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## 4. Cross-body Reach



Sit or stand. Use your good arm to lift your affected arm at the elbow, and bring it up and across your body, exerting gentle pressure to stretch the shoulder. Hold the stretch for 15 to 20 seconds. Do this 10 to 20 times per day.

## 5. Armpit Stretch



Using your good arm, lift the affected arm onto a shelf about breast high. Gently bend your knees, opening up the armpit. Deepen you knee bend slightly, gently stretching the armpit, and then straighten. With each knee bend, stretch a little further, but don't force it. Do this 10 to 20 times each day.

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