

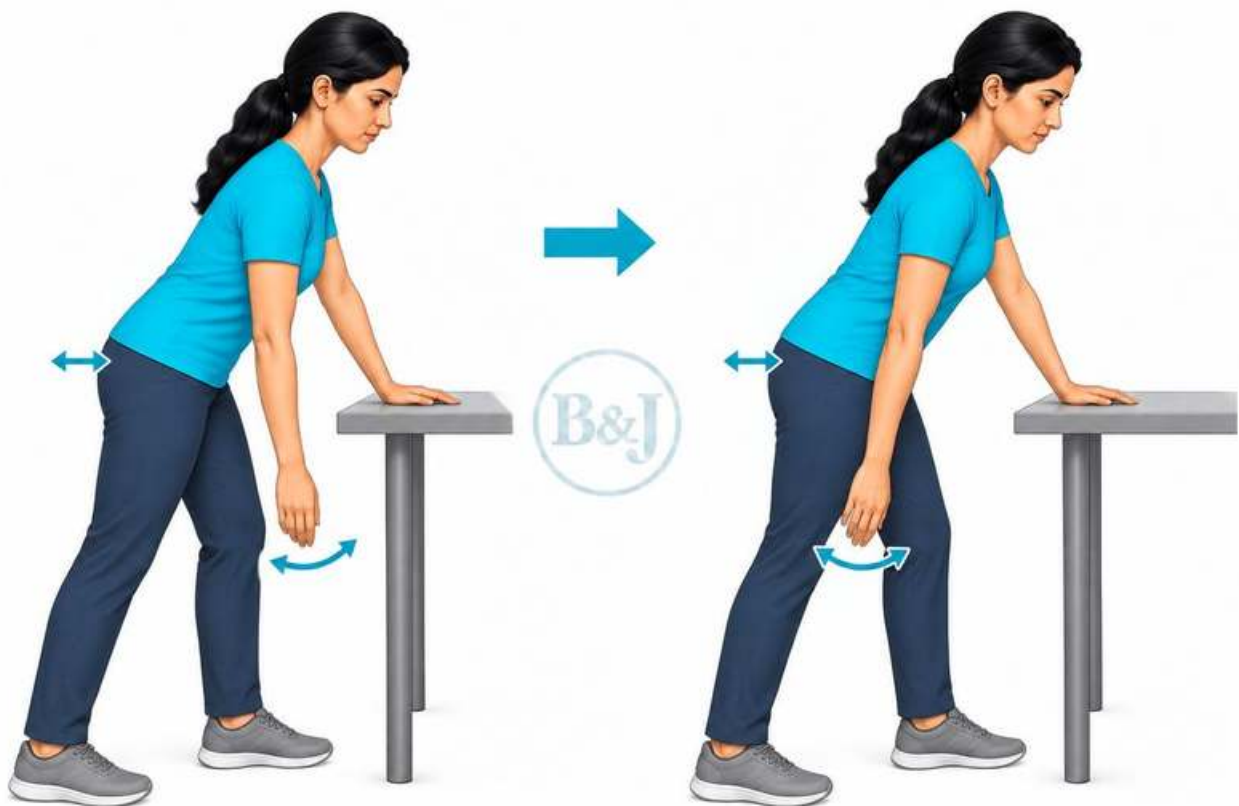
Shoulder exercises

Frozen shoulder



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Pendulum swing



Lean forward, let the arm hang. Swing it gently in circles using your body, not the shoulder.

1 minute**4 times a day****✓ Should feel**

The shoulder loosening

X Should not feel

Sharp pain

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sheet 10

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm**Virar East** 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Table slide



Sit at a table, slide the hand forward, letting the body follow.

10 times

3 times a day

✓ **Should feel**

A stretch at the end of the range

✗ **Should not feel**

Pinching at the top



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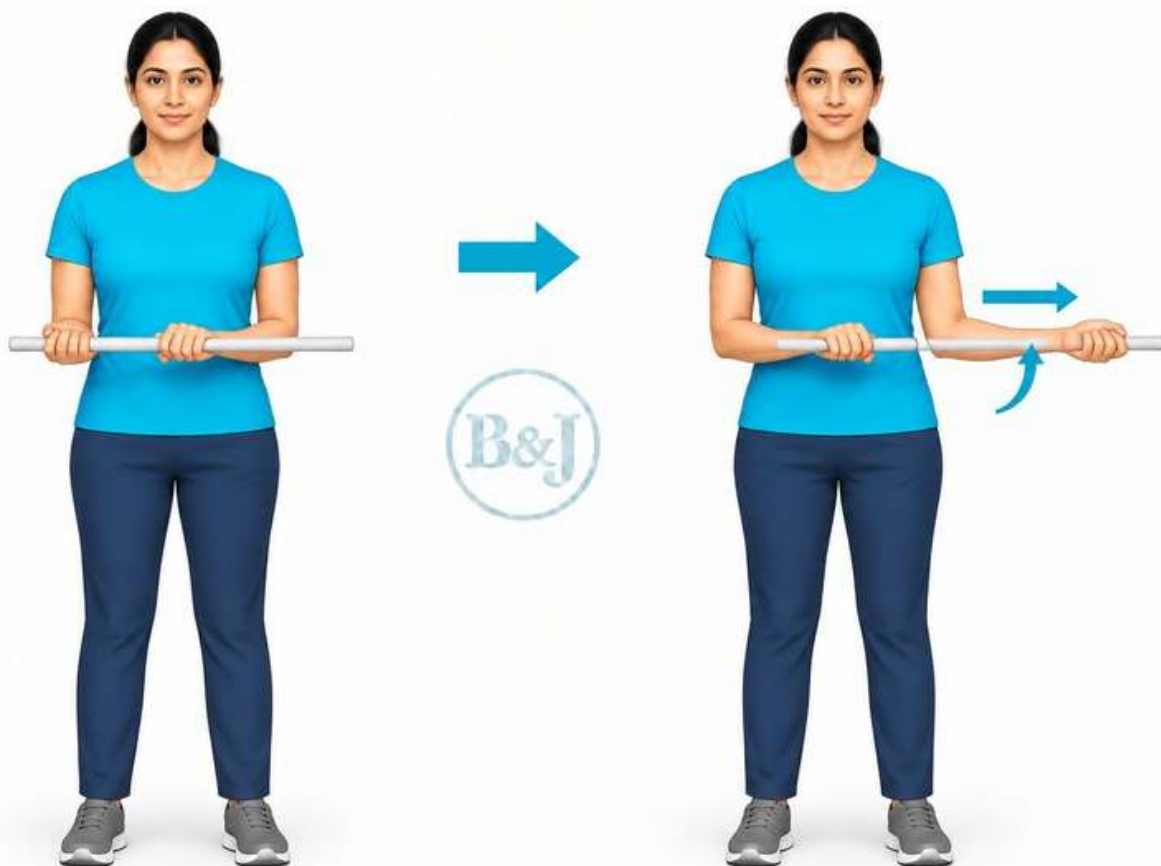
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3

Stick-assisted external rotation



Hold a stick with both hands, elbow tucked in, and push the affected arm outwards.

10 times

3 times a day

✓ **Should feel**

A stretch at the front of the shoulder

✗ **Should not feel**

Sharp pain



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4

Towel internal rotation



Hold a towel behind your back and gently pull the lower hand up.

Hold 15 seconds

5 times

✓ **Should feel**

A stretch at the front

✗ **Should not feel**

Pinching



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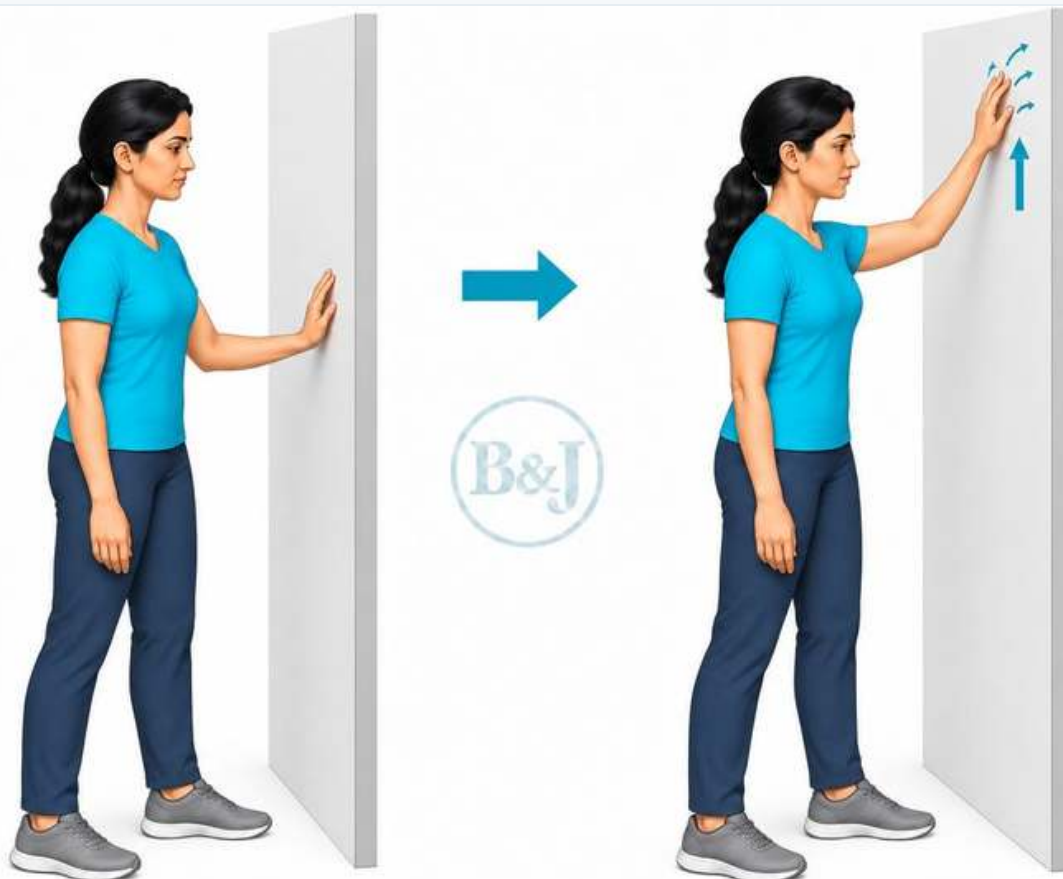
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5

Wall climb

Face a wall, walk the fingers up as high as comfortable, hold, then walk down.

5 times**3 times a day****✓ Should feel**

A stretch overhead

✗ Should not feel

Shrugging to cheat height

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6

Cross-body stretch



Pull the arm across your chest with the other hand.

Hold 20 seconds

5 times

✓ **Should feel**

A stretch at the back of the shoulder

✗ **Should not feel**

Pain in the front

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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