

# CURING FROZEN SHOULDER EXERCISES THAT HELP



**IMPROVE MOBILITY. REDUCE PAIN. RESTORE FUNCTION.**

Frozen shoulder (adhesive capsulitis) causes pain and stiffness, making it hard to move your shoulder. Gentle, consistent exercises can help improve range of motion, reduce pain, and speed up recovery.



## HELPFUL TIPS



Warm up before exercises with a warm shower or heating pad.



Move slowly and gently. Stop if you feel sharp pain.



Do exercises daily for best results.



Progress gradually. Improvement takes time—be patient and stay consistent!

## EFFECTIVE EXERCISES FOR FROZEN SHOULDER

### 1 PENDULUM SWING



- Bend forward at the waist and let your affected arm hang down.
- Gently swing your arm in small circles, back and forth, and side to side.

1–2 minutes • 2–3 times daily

### 2 WALL WALK



- Face a wall and place your fingers on it at waist level.
- Walk your fingers up the wall as high as you can comfortably go.
- Hold briefly, then walk down.

10 repetitions • 2–3 times daily

### 3 TOWEL STRETCH (UP THE BACK)



- Hold a towel behind your back with both hands.
- Use your good arm to gently pull the affected arm upward.
- Hold, then relax.

10 repetitions • 2–3 times daily

### 4 TOWEL STRETCH (OVERHEAD)



- Hold a towel with both hands.
- Use your good arm to lift the affected arm up overhead.
- Hold, then relax.

10 repetitions • 2–3 times daily

### 5 CROSS-BODY STRETCH



- Use your good arm to gently pull your affected arm across your body.
- Hold the stretch, then relax.

20–30 seconds hold • 3–5 times

### 6 EXTERNAL ROTATION STRETCH



- Stand in a doorway with your elbow bent at 90° and forearm on the frame.
- Gently turn your body away until you feel a stretch.

20–30 seconds hold • 3–5 times

### 7 TABLE SLIDE (FLEXION)



- Sit or stand in front of a table.
- Place your hands on a towel and slide them forward as far as is comfortable.
- Hold, then return.

10 repetitions • 2–3 times daily

### 8 FINGER LADDER



- Stand sideways next to a wall.
- “Climb” your fingers up the wall as high as you can.
- Hold briefly, then slowly down.

10 repetitions • 2–3 times daily

### 9 SHOULDER BLADE SQUEEZE



- Sit or stand tall.
- Gently squeeze your shoulder blades together.
- Hold, then relax.

10–15 repetitions • 2–3 times daily

## ★ REMEMBER

- ✓ Mild discomfort is normal, but avoid sharp pain.
- ✓ Consistency is more important than intensity.
- ✓ Results take time—stay patient and stick with it.
- ✓ Combine exercises with good posture and healthy habits.

## ♥ WHEN TO SEE A DOCTOR

- Pain worsens or does not improve over time.
- You have significant weakness or loss of function.
- Pain interferes with sleep or daily activities.
- You experience numbness, swelling, or redness.

## ALWAYS CONSULT YOUR DOCTOR OR PHYSICAL THERAPIST

for a personalized treatment plan and before starting any new exercise program.



MOVE GENTLY. STAY CONSISTENT. GET YOUR LIFE BACK.

≡ ONE STRETCH AT A TIME. ≡

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