

Frozen Shoulder (Adhesive Capsulitis)

Progressive stiffness and pain from a tightened joint capsule. Stretch to a firm but tolerable point — pushing into severe pain slows progress, especially in the painful phase.

SHOULDER

1



Table Slide

10 × 10 sec

- Slide the hand forward on a table, lowering the chest.
- Bow the head to increase the stretch.

2



Wall Finger Walk

10 reps

- Walk fingers up the wall as high as you can.
- Mark your progress each week.

3



Stick External Rotation

10 × 10 sec

- Elbow tucked; the good arm pushes the stiff hand outward.
- Elbow stays glued to your side.

4



Towel Behind Back

10 × 10 sec

- Good arm pulls the towel up; stiff arm follows.
- Firm stretch, not sharp pain.

5



Isometric External Rotation

5 × 10 sec

- Elbow at 90°; press the back of the hand into the wall.
- Keeps the cuff strong while range returns.

6



Band Row

3 × 12

- Pull elbows back, squeeze shoulder blades.
- Strength work for the recovery phase.

HOW OFTEN

Stretch 2–3 times daily. Keep it gentle in the painful phase; push range harder in the stiff phase. Add strength (5–6) as pain allows. A warm shower first helps.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Fever, redness, or pain that is rapidly worsening at rest — contact us.