

## Exercises for Frozen Shoulder (Adhesive Capsulitis)

A frozen shoulder is a stiff and initially painful shoulder, often starting without an apparent cause. The loose bag (capsule) around the shoulder joint becomes inflamed. The capsule then appears to tighten or shrink. This tightening combined with the pain restricts the movement.

There are 3 main phases;

### 1) **Painful phase** (which can last from 2 to 9 months)

The pain often starts gradually and builds up. It may be felt on the outside of the upper arm and can extend down to the elbow and even into the forearm.


### 2) **Stiff phase** (which can last from 4 to 12 months)

The shoulder joint becomes increasingly stiff, particularly on twisting movements such as trying to put your hand behind your back or head. These movements remain tight even when you try to move the shoulder with your other hand.


### 3) **Recovery phase** (which can last from 5 to 26 months)

The pain and stiffness starts to resolve during this phase, and you can begin to use your arm in a more normal way. The total duration of the process is from 12 to 42 months, on average lasting 30 months.


**Pendulum** - This is a good exercise to start to get the shoulder moving

	<ul style="list-style-type: none"> <li>• Lean forwards with support.</li> <li>• Let your arm hang down</li> <li>• Swing your arm             <ul style="list-style-type: none"> <li>- forwards and back</li> <li>- side to side</li> <li>- around in circles both ways</li> </ul> </li> <li>• Repeat each movement ten times, three times a day.</li> </ul>
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**Rotate your arm Out (Lateral Rotation)** - This movement becomes very restricted with a frozen shoulder

	<ul style="list-style-type: none"> <li>• Rotate your arm out</li> <li>• To increase the movement further push with unaffected arm so hand of problem side is moving away from the mid-line</li> <li>• Do not let your body twist round to compensate</li> <li>• Repeat ten times, last one hold for thirty seconds, three times a day</li> </ul>
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## **Shoulder Assisted Elevation**

	<ul style="list-style-type: none"> <li>• Support problem arm with other hand and lift it up overhead</li> <li>• Do not let your back arch</li> <li>• Repeat ten times, last one hold for thirty seconds, three times a day</li> </ul>
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