



GOLDEN STATE ORTHOPEDICS & SPINE

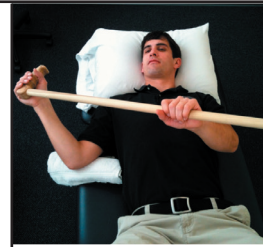
FROZEN SHOULDER REHABILITATION EXERCISES



1 - WAND FLEXION SINGLE ARM

In the standing position and holding wand/cane with both arms as shown, raise it up allowing your uninjured arm to push up your injured arm.

Repeat 15 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a day



5 - WAND EXTERNAL ROTATION SUPINE

Lying on your back and holding a wand/cane palm up on injured side and palm down on uninjured side, push the wand/cane to the side, letting your injured shoulder roll outward.

Repeat 15 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a day



2 - WAND ABDUCTION STANDING

While holding a wand/cane palm up on the injured side and palm down on the uninjured side, slowly raise up your injured arm to the side.

Repeat 15 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a day



6 - DOORWAY STRETCH, LOW

While standing in a doorway, place your arm downward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed downward toward the floor along the door frame.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a day

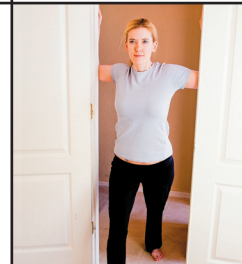
NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.



3 - WAND INTERNAL ROTATION

While holding a wand/cane behind your back, slowly pull the wand up as shown.

Repeat 15 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a day

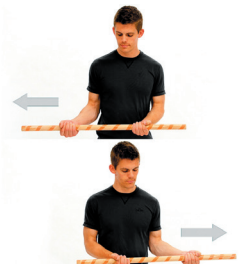


7 - DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jamb and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 3 Times a day

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.



4 - WAND ROTATION STANDING

In the standing position, hold a wand/cane with both hands keeping your elbows bent. Move your arms and wand/cane side-to-side. Your injured arm should be partially relaxed while your uninjured arm performs most of the effort.

Repeat 15 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a day