

Stretches for Frozen Shoulder

Hold it stretch for 10 seconds. Do stretches multiple times a day.

1. Stand facing the kitchen counter. Hold onto the edge of the countertop with your hand (on the same arm as your frozen shoulder). Stretch your shoulder by walking backward and leaning forward at your waist. Go until you feel a good stretch in your shoulder. You should feel some pain, soreness, tightness; but you should be able to talk with someone while you are stretching. Hold for 5 seconds and then step back to the edge of the countertop to the start position. Repeat the stretch.
2. Stand facing a smooth wall. Place your hand at a comfortable level on the wall. Bend your knees and then straighten your legs to push up your arm. When you feel a good stretch in your shoulder, hold it for 5 – 10 seconds and then slide your hand down the wall to the start position. Repeat the stretch. This is a good stretch to do in the shower with a soapy hand on the shower wall.
3. In a doorway, place your hand as high as you can on the side of the door frame. Lean forward thru the doorway to stretch your shoulder. Hold for 5 -10 seconds. Return to the start position and repeat the stretch.
4. Lie flat on your back (on bed, sofa, or floor). Raise you arm in front of you, above and over your head. Place something small (like a plastic water bottle) for weight to help gravity, slowly stretch your arm above your head. Hold this stretch for several minutes. If you are unable to raise your arm past 90° (straight above your face) then place a hammer in your hand, holding the handle and allowing the metal mallet to be behind you. The weight of the hammer will allow gravity to stretch your shoulder.
5. Face the side of the doorframe. Put your elbow right into your hip bone with your elbow bent to 90°. Keep your arm and shoulder still and rotate your body and feet to stretch your shoulder. Remember to keep your elbow by your side. Hold it for 10 second and return to the starting position. Repeat.
6. With your elbows bent at 90° and by your side, hold a broom stick with both hands. Push your good hand across your body, this will rotate your injured shoulder outward. Hold for 10 seconds, return to starting position and repeat. Remember to keep your elbows by your side during this stretch.
7. Use a bath or beach towel to simulate a “drying your back” motion. With your good arm above the shoulder, grab the other end of the towel with your injured arm by your hip. By raising your good arm, pull your injured arm up your back. Hold for 10 seconds and return to starting position. Repeat.

8. Lying on your side, injured shoulder on the floor/bed, have your arm out in front of your face. Your biceps, elbow and forearm should be directly in line with your eyesight. Bend your elbow 90° and keep it at your eye level. Relax your injured arm and use your good arm to push your forearm down to the ground / bed. Hold it for 10 seconds, return to starting position and repeat. Do this stretch every night you get into bed for 3 minutes continuously.

9. With your hand (same side as your stiff shoulder) grab the door frame backhanded at a comfortable position. Then shuffle your feet to the direction as your stiff shoulder (ie, shuffle to the left for a left frozen shoulder). This will pull your hand to your lower back. Go until you feel a good stretch and hold for 10 seconds, return to starting position and repeat. When stretching, to move your hand up your back towards your shoulder blade, just bend at your knees .