

## Frozen Shoulder Home Exercises

Created by Jared Beckstrand Dec 14th, 2015

View at "www.my-exercise-code.com" using code: WSMMV6K

Fit Stop Physical Therapy 172 N East Promontory Farmington, UT (801) 934-3975 www.the-fitstop.com

1



WALL WALK

Place your affected hand on the wall with the palm facing the wall. Next, walk your fingers up the wall towards overhead. Lastly, slide your hand back down the wall to the starting position.

Repeat 10 Times Hold 3 Seconds Perform 4 Time(s) a Day

2



## PENDULUM SHOULDER LATERAL

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.

Duration 2 Minutes Perform 4 Time(s) a Day

3



WAND EXTERNAL ROTATION - SUPINE

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

Repeat 10 Times Hold 3 Seconds Perform 4 Time(s) a Day

4



Repeat 3 Times Hold 20 Seconds Perform 4 Time(s) a Day **CROSS ARM STRETCH** 

Grasp your elbow and gently pull it across the front of your body.

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