

# Frozen Shoulder Stretching Program



BEND OVER AT THE WAIST AND LET YOUR ARM RELAX COMPLETELY. SWING YOUR ARM IN SMALL CLOCKWISE CIRCLES THEN IN COUNTERCLOCKWISE CIRCLES.

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	10 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



FACE THE WALL AND SLIDE THE PALM OF YOUR HAND UP THE WALL ELEVATING THE ARM AND MOVING YOUR BODY CLOSER TO THE WALL.

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	10 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		

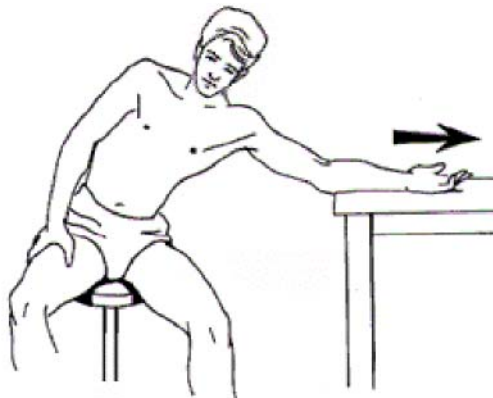


PULL YOUR ARM ACROSS YOUR BODY GENTLY OBTAINING A STRETCH IN THE BACK OF THE SHOULDER.

**Repeat:** 10 times      **Sets:** 2

**Hold Time:** 10 secs      **Resistance/Time:** 0

**Sessions:** 2 /day

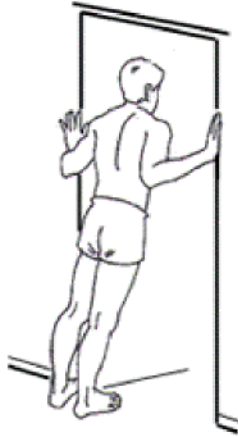


SITTING IN A CHAIR SLIDE YOUR ARM STRAIGHT OUT TO THE SIDE AND SIDE BEND AT THE TRUNK TO INCREASE THE STRETCH.

**Repeat:** 10 times      **Sets:** 2

**Hold Time:** 10 secs      **Resistance/Time:** 0

**Sessions:** 2 /day



STAND IN A DOOR JAM WITH YOUR HANDS AT HEAD HEIGHT. GENTLY LEAN FORWARD AND OBTAIN A STRETCH IN THE CHEST.

**Repeat:** 10 times      **Sets:** 2

**Hold Time:** 10 secs      **Resistance/Time:** 0

**Sessions:** 2 /day



PULL THE INVOLVED HAND UP THE BACK WITH THE UNINVOLVED HAND UNTIL A

**Repeat:** 10 times      **Sets:**

**Hold Time:** 10 secs      **Sessions:** 2 /day