## Frozen Shoulder Stretching Program

**Procedure 1:**
- Bend over at the waist and let your arm relax completely.
- Swing your arm in small clockwise circles then in counterclockwise circles.

<table>
<thead>
<tr>
<th>Repeat:</th>
<th>10 times</th>
<th>Sets:</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hold Time:</td>
<td>10 secs</td>
<td>Resistance/Time:</td>
<td>0</td>
</tr>
<tr>
<td>Sessions:</td>
<td></td>
<td>2 /day</td>
<td></td>
</tr>
</tbody>
</table>

**Procedure 2:**
- Face the wall and slide the palm of your hand up the wall elevating the arm and moving your body closer to the wall.

<table>
<thead>
<tr>
<th>Repeat:</th>
<th>10 times</th>
<th>Sets:</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hold Time:</td>
<td>10 secs</td>
<td>Resistance/Time:</td>
<td>0</td>
</tr>
<tr>
<td>Sessions:</td>
<td></td>
<td>2 /day</td>
<td></td>
</tr>
</tbody>
</table>
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