

# **Frozen Shoulder (Adhesive Capsulitis): Corrective Exercises**

Here are some effective **corrective exercises** for frozen shoulder (adhesive capsulitis) that can help improve mobility, reduce stiffness, and relieve pain. Start slowly and avoid pushing into sharp pain—focus on gentle, consistent progress.

**Warm-Up:** Before stretching, apply **heat for 10–15 minutes** to the shoulder to improve blood flow and prepare the muscles.

## **1. Pendulum Swings**

*Purpose:* Loosens up the joint and improves circulation.

### **• How to Perform:**

- Bend over slightly, supporting yourself with the non-affected arm on a table or chair.
- Let the affected arm hang freely.
- Gently swing your arm in small circles (clockwise and counterclockwise).
- Do 10 swings each direction, 1-2 sets.
- Progression: Increase the circle size over time.

## **2. Finger Walk (Wall Climb)**

*Purpose:* Increases range of motion with minimal strain.

### **• How to Perform:**

- Stand facing a wall, arm at your side.
- Walk your fingers up the wall like a spider, raising your arm as high as comfortable.
- Hold for 5–10 seconds, then slowly walk fingers back down.
- Repeat 8-10 times.

## **3. Cross-Body Stretch**

*Purpose:* Stretches the posterior shoulder and improves flexibility.

### **• How to Perform:**

- Use your non-affected arm to pull the affected arm across your body.
- Hold for 20–30 seconds, feeling a stretch in the back of the shoulder.
- Repeat 3-5 times.

## **4. Towel Stretch (Overhead or Behind-the-Back)**

*Purpose:* Improves shoulder range of motion in multiple directions.

### **• How to Perform:**

- Hold a towel with both hands.
- Overhead: Raise the affected arm up and lower it slowly, with the non-affected arm guiding it.
- Behind-the-back: Hold the towel behind your back, with the non-affected arm pulling gently to stretch the affected one upward.
- Hold each stretch for 15-20 seconds and repeat 3-5 times.

## **5. External Rotation with Resistance Band (Light Resistance)**

*Purpose:* Strengthens the rotator cuff and restores movement.

• **How to Perform:**

- Anchor a resistance band to a stable object.
- Keep your elbow close to your side and bent at 90 degrees.
- Pull the band outward (away from your body) without moving your elbow.
- Slowly return to the starting position.
- Do **2 sets of 10-12 reps**.

**6. Tabletop Stretch (Passive Shoulder Flexion)**

*Purpose:* Enhances passive range of motion in shoulder flexion.

• **How to Perform:**

- Sit at a table and place your hands on it.
- Lean forward, sliding your hands forward to raise your arms.
- Hold the position for **10-15 seconds**.
- Repeat 8-10 times.

**7. Isometric Shoulder Press (Gentle Strengthening)**

*Purpose:* Strengthens muscles without moving the joint excessively.

• **How to Perform:**

- Stand in a doorway and push your arm outward against the doorframe without moving the arm.
- Hold for 5–10 seconds, then relax.
- Do 5-10 reps for 1-2 sets.

**Cool Down and Recovery:**

- Stretch lightly after exercises to maintain range of motion.
- Ice the shoulder for 10-15 minutes to reduce inflammation if soreness occurs.

**Additional Tips:**

- Perform these exercises **2–3 times a day**, based on tolerance.
- Track progress to adjust intensity as range improves.
- Avoid aggressive stretching or overloading the shoulder to prevent setbacks.

If pain persists or worsens, call us at 714 540 6792 for further guidance!