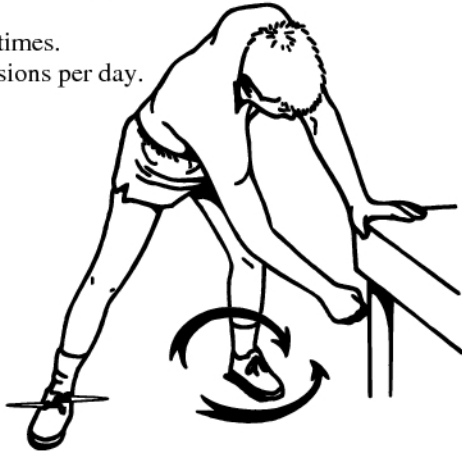


Rehabilitation & Sports Medicine Frozen Shoulder

SHOULDER - 26 Range of Motion Exercises: Pendulum (Circular)

Let arm move in a circle clockwise, then counter-clockwise, by rocking body weight in a circular pattern.

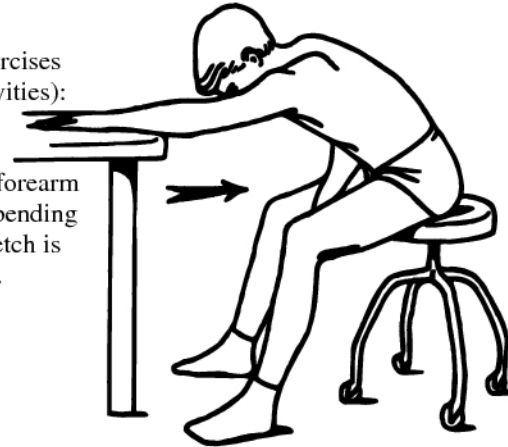
Repeat 10 times.
Do 3-5 sessions per day.



SHOULDER - 7 Range of Motion Exercises (Self-Stretching Activities): Flexion

Sitting upright, slide forearm forward along table, bending from waist until a stretch is felt. Hold 30 seconds.

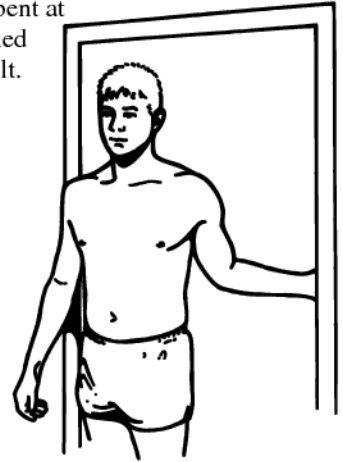
Repeat 1-4 times
Do 1 session per day.



SHOULDER - 11 Range of Motion Exercises (Self-Stretching Activities): External Rotation (alternate)

Keep palm of hand against door frame, and elbow bent at 90°. Turn body from fixed hand until a stretch is felt. Hold 30 seconds.

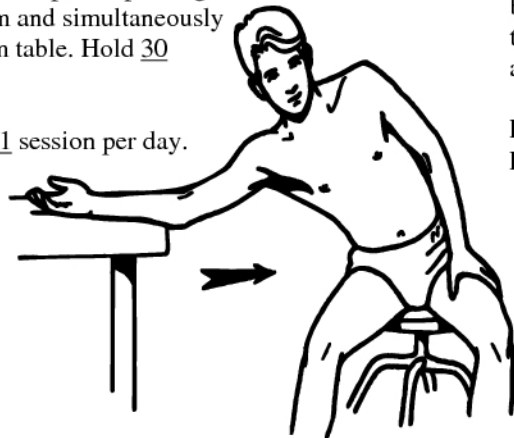
Repeat 1-4 times
Do 1 session per day.



SHOULDER - 9 Range of Motion Exercises (Self-Stretching Activities): Abduction

With arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold 30 seconds.

Repeat 1-4 times Do 1 session per day.



SHOULDER - 73 Towel Stretch for Internal Rotation

Pull involved arm up behind back by pulling towel upward with other arm. Hold 30 seconds.

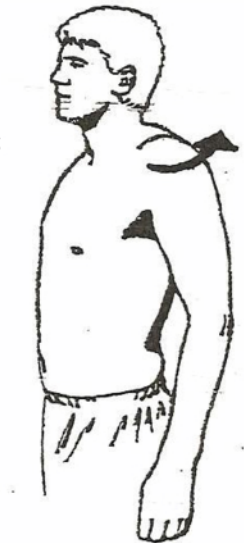
Repeat 1-4 times
Do 1 session per day.



SCAP SETS

Pull your shoulders back, pinching the shoulder blades together. Do not let the shoulders come forward. Hold 5-10 seconds.

Repeat 10 times
Do 1 session per day.



Locations: Worcester – Gold Start Blv. 508-856-9510, Back to Work Center 508-854-2426, Worcester Medical Center 508- 368-3143
 ■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Charlton 508-248-4141

Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.
 Internet Access: www.fallonclinic.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets