

81 Family Clinic

Frozen Shoulder Rehabilitation Exercises



Wand exercise: Flexion



Wand exercise: Extension



Wand exercise: External rotation



Wand exercise: Internal rotation



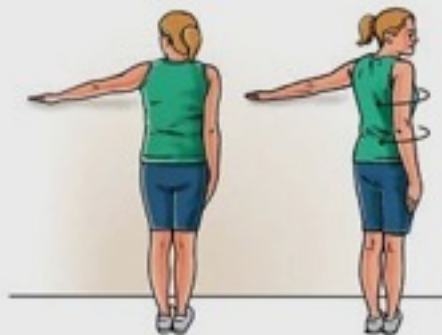
Wand exercise: Shoulder abduction and adduction



Scapular active range of motion



Pectoralis stretch

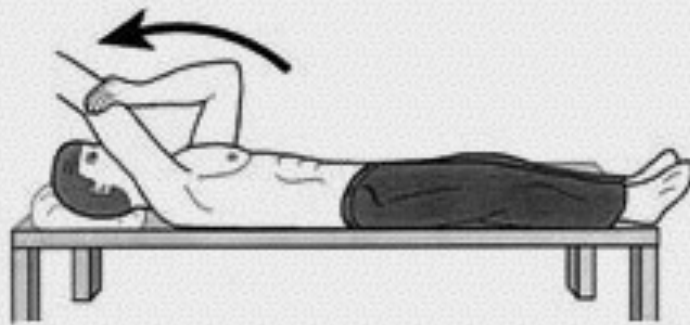


Biceps stretch



Sleeper stretch

Wand can be replaced with a towel.



Switch hands and repeat