



THICKENING, FIBROSIS AND SHRINKING OF THE CAPSULE

Shoulder Exercises

I love the *You Tube: Bob n Brad 60 Second Frozen Shoulder Exercises and Stretches* -Adhesive Capsulitis but here's a worksheet:

IF we are just dealing with a frozen shoulder which is scar tissue limiting more and more the shoulder's movements, you should be able to loosen it up with the following. It WILL work but you must persevere, you might see no improvement in the first few months, but hang in there. Try to keep up with these for at least 9 months. If you stop as soon as you can tuck your shirt in, you won't heal optimally. If things are hurting badly, seek us or your provider.

1. Laying on the floor with a few towels rolled up just under your spine (long way)[or on a round foam roller] lift your hand up and down with a weight in your hand (!can of soup) with your elbow close to your chest. You can imitate this movement doing the chicken dance move all day, but be sure to hold your shoulders high and point your thumbs forward.

2. Make a canoe movement with a small broomstick or cane, Move the bad arm straight back.

3. Use the same cane or stick to bring the arm as high as you can without pain. You should stretch it but not to the point of bad pain.

4. Put a belt around your wrist and pull up.





5. Roll a ball on the countertop being sure to push down the whole way down the counter. You might hear a little pop.



6. Lean back on a higher countertop and squat a little to stretch the arm up while rotating as far behind you as you can.

7. Lean against the wall, climbing your hand up the wall as high as you can. This in the beginning can be a challenge. Trying to surpass a mark on the wall may motivate you.

8. A few gadgets can make this more fun. A pulley you can hook on the door can assist each stretching movement of the arm. (Search on Amazon: shoulder pulley). “Foam roller” will hold up better than the rolled up towels under your spine. An “exercise ball” will be cleaner than the basketball on the countertop. A stretchy band (Search: resistance bands w handles) can then help return the strength that was lost when the arm was underutilized (step on it and pull the arm upward, or tie it somewhere to practice different pulling movements).



Later you can use some hand weights (Search: workout dumbbell) to lay on your belly and lift the weights up! Swimming is an “all in one” exercise for the shoulder as well. Unique to this part of the body is that you can get by with just one arm, so it’s function can deteriorate quickly.

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