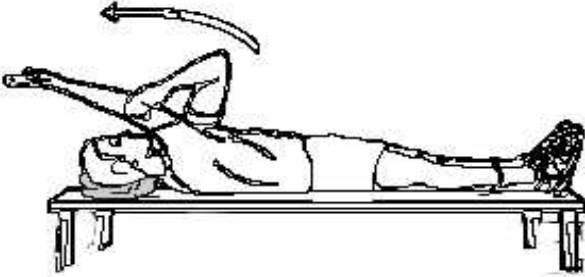


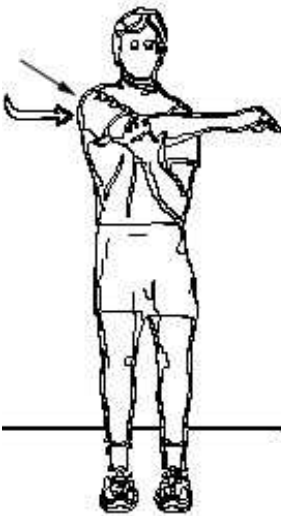
FROZEN SHOULDERS EXERCISES

Always remember to warm up for five to 10 minutes before starting your exercises. Warm up by doing very gentle exercises and small movements with your shoulder before doing the exercises listed below. Don't forget to warm up and stretch other parts of your body (neck, back, hands and elbows) too.



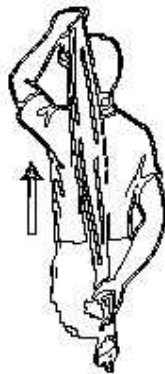
Overhead stretch

1. Lie on your back with your arms at your sides.
(Put something under your head to support it comfortably such as a rolled towel, a book, etc)
2. Lift one arm straight up and over your head.
3. Grab elbow with your other arm and apply some gentle pressure to stretch the arm as far as you can go.
(Don't go beyond the point where there is too much pain)



Cross-body reach

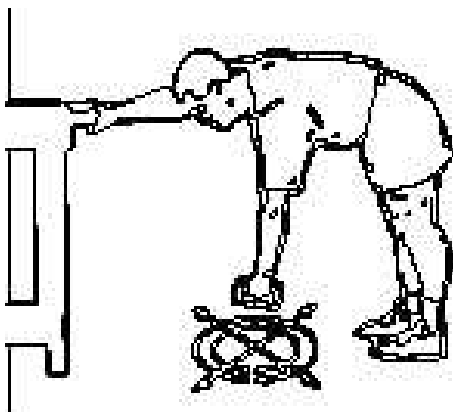
1. Stand and lift one arm straight out to the one side;
2. Keeping the arm at the same height, bring it to the front and across your body;
3. As it passes the front of your body, hold the elbow with your other arm and apply gentle pressure to stretch the shoulder
(Don't go beyond the point where there is too much pain)



Towel stretch

1. Drape a towel over the opposite shoulder and hold it with your hand behind your back;
2. Gently pull the towel upwards with your other hand;
(You should feel stretch in your shoulder and upper arm)

(Don't go beyond the point where there is too much pain)



The Pendulum

1. Bend forward at the waist and let the affected arm hang freely towards the ground;
2. Support the upper body on a table or countertop with the other arm;
3. Sway the dangling arm gently back and forth, generating small circles;
4. When this can be done comfortably, do this exercise whilst holding a small weight (or hanging a weight on your arm/wrist such as in carrier bag)

Begin with 2 sets of 10 repetitions in both clockwise and anticlockwise directions and work up to 3 sets of 20 repetitions

(Don't go beyond the point where there is too much pain)