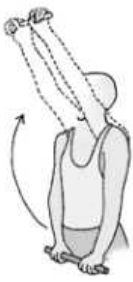

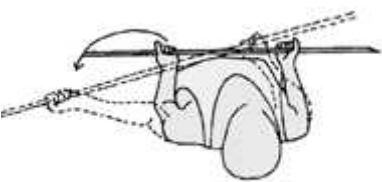



Frozen Shoulder Rehabilitation Exercises

Wand exercises

 <p>Shoulder flexion</p>	<p>Flexion:</p> <p>Stand upright and hold a stick in both hands, palms down. Stretch your arms by lifting them over your head, keeping your elbows straight. Hold for 5 seconds and return to the starting position.</p> <p>Repeat 10 times.</p>
 <p>Shoulder extension</p>	<p>Extension:</p> <p>Stand upright and hold a stick in both hands behind your back. Move the stick away from your back. Hold the end position for 5 seconds. Relax and return to the starting position.</p> <p>Repeat 10 times.</p>
 <p>External rotation</p>	<p>External rotation:</p> <p>Lie on your back and hold a stick in both hands, palms up. Your upper arms should be resting on the floor, your elbows at your sides and bent 90°. Using your good arm, push your injured arm out away from your body while keeping the elbow of the injured arm at your side. Hold the stretch for 5 seconds.</p> <p>Repeat 10 times.</p>
 <p>Internal rotation</p>	<p>Internal rotation:</p> <p>Stand upright holding a stick with both hands behind your back. Place the hand on your uninjured side behind your head grasping the stick, and the hand on your injured side behind your back at your waist. Move the stick up and down your back by bending your elbows. Hold the bent position for 5 seconds and then return to the starting position.</p> <p>Repeat 10 times.</p>