

If these stretches or exercises cause any sharp pain, or aggravate your shoulder for longer than a day afterwards, follow the ice advice and contact the clinic.

Stretches

Stretches should be held as long as you feel comfortable (short bursts if painful, and up to 30 seconds if comfortable) with at least **5-10 seconds rest** in between. **Do not bounce** at the end range as this may cause irritation.

Stretches can be repeated as many times as preferable, however, if doing exercises and stretches, it is best to do the stretches after exercise as the muscles have warmed up.

Frozen shoulder mobilisations



As shown, use the wall to slowly walk up with your fingers gently mobilising the shoulder. You can monitor your progression by how high you can get.



This pendulum mobilisation helps to maintain mobility in your shoulder. First do circular, clockwise and anti clockwise movements, then backwards and forwards, and side to side movements.

If this feels okay and you want to progress hold a bottle of water in your hand whilst you do it. You can vary the amount of water to suit you. As this becomes easy steadily increase the weight in your hand i.e. light weight dumbbell etc

For moments of acute pain/injury (first few weeks) it is best to apply an **ice pack** (bag of frozen peas etc), this will slow blood flow and in turn reduce inflammation and pain, hour. **Heat** does the opposite (increases blood flow) and is good for chronic joint pain (arthritis) or muscular pain, using a hot water bottle or wheat bag. Both should be wrapped in kitchen towel/pillow case, to prevent direct contact with the skin, as that can cause heat or ice burns. Apply for **15-20 minutes** on the affected area/s, and this can then be repeated up to around **every 1 hour**. Both should feel comfortable, not painful, if this is the case the packs are either too hot/cold, and a thicker barrier should be used i.e. towel, until the temperature is comfortable but can still be felt.