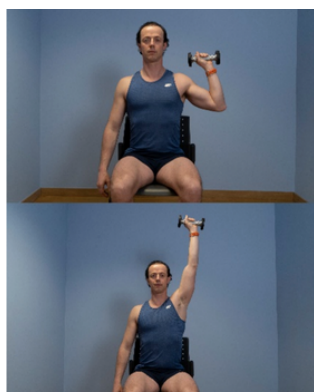


Frozen Shoulder Advanced Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



1. Overhead press

- In sitting or standing hold a weight shoulder height with your palm facing forward.
- Press the weight above your head until your elbow is straight.
- Lower your arm down in a controlled manner.
- You may use household items if you do not own any weights.
- **Perform this exercise up to 15 times, rest for 3 minutes.**
- **Repeat routine 3 times.**



2. Capsular stretch

- Hold one end of a three-foot-long towel behind your back and grab the opposite end with your other hand.
- Place the towel over the top of the opposite shoulder and using the hand on that side pull down gently until you feel a stretch in the arm that is behind the back.
- **Hold position for up to 1 minute, rest for 3 minutes.**
- **Repeat routine 3 times on each side.**



3. Reverse fly

- Stand with equal size, light weights in both hands (use whatever you have around the house if you don't have weights).
- Keep your back straight and bend forward at your hips.
- Keep your arms straight and take both arms out to the side to shoulder height.
- Control your arms slowly back down to resting in front of you.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 3 times.**