

Shoulder Exercises for a Frozen Shoulder

The urge to rest an injured joint is a natural one. For the shoulder this can prove disastrous, as the shoulder can be guarded and fall into disuse since we have another arm we can use! After about 6 weeks of healing the scar tissue tightens more and more. If you follow the natural inclination to rest the joint even more so that it doesn't hurt so much, the joint will scar up tighter and tighter. Then the injury will not just hurt when you use it for vital activities like golfing but it will even begin to interfere with your sleep. Even laying on the shoulder will hurt.

The best solution is to have physical therapy so the joint gets stretched more vigorously than we would be inclined to do for ourselves (=pain). If I gave you these exercises we are making a trial of home therapy for now. The exercises work if there is no bad tear that needs to be fixed, which we might not know without an MRI. If we are not sure, we must have an orthopedic surgeon see it. Although surgeons are not anxious to operate on shoulders, some people opt for that due to the slow progress with physical therapy exercises. I like OEM parts (Original Equipment from my Manufacturer) and believe that even a 2-year sacrifice is healthy reparation for soul and body.

You should see gradual improvement over 2-3 months if you are doing exercises every day!! Hardly any of us will find time for exercises two or three times a day, but if you have gotten to the disturbed sleep stage, I highly encourage doing these exercises in the middle of the night when you are awakened instead of drugging yourself with pain medication. That works better than meds. 18-24 months is the total healing time, so at a year most of your range of motion is back (with some discomfort). Do repetitions 10-20 times and hold stretches for 20-30 seconds. After doing all, do them a 2nd or 3rd time.



Over time you will see improvement and will devise stretches that work for you. The next step is strengthening and needs to be included after sleep is good again and some function is returning.

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Caring Family, S.C.

Todd S. Giese, M.D., Racquel N. Ramirez, M.D.,
George B. Gancayco, M.D., Jamie T.M. Gancayco, M.D.
815 459-2200 www.caringfamilysc.com

1. Pendulum exercise- back and forth or circular
2. Crawl up the wall and hold the stretch- you should face the wall for a set and then stand with the wall at your injured side repeating sets laterally
3. Bring the stick all the way down then all the way up a stout broom handle or even just an umbrella will do...the good arm will help pull up the bad one.
4. Bring stick to forehead and down to belly ... hold this stretch it can hurt!
5. Grab tight shoulder and hold stretch
6. By moving your body away from table, your arm gets a good stretch- either head on or to side!
7. Holding bottom of chair the body again leans away giving a good stretch
8. Put the stick in your bad hand and behind your back and pull up with good hand ... ouch!