

## Physiotherapy

# Post-injection Exercises - Frozen Shoulder

### Introduction

Whilst waiting for your outpatient physiotherapy to start, you should begin stretching your shoulder at home as pain allows. The injection should help to alleviate the pain in your shoulder to allow you to regain the movement, but it is likely you will need to continue with your pain medication as well. If you feel your pain medication is not sufficient you must see your GP or a pharmacist to discuss this as soon as possible.

You may find heat or ice packs helpful to control your pain before or after exercise.

### 1) Shoulder Abduction

Slide your arm up the wall as far as possible, trying to get your armpit as close to the wall as possible without leaning your body away.

Hold stretch 10 seconds, repeat 10 times.



## Patient Information

### 2) Shoulder Flexion

Lie on your back, and either hold onto a stick/umbrella or hold your wrist with the non-affected arm, and take the arm as far up above your head as possible.

Hold stretch 10 seconds, repeat 10 times.



### 3) Shoulder adduction

Place arm across body, and use the non-affected arm to pull the arm further across as far as you can.

Hold stretch 10 seconds, repeat 10 times.



#### 4) Shoulder external rotation

Sit or stand, hold a stick/umbrella and keep both elbows in by your side. Use the non-affected arm to push the affected hand outwards as far as you can, keeping the elbow into your side.

Hold stretch 10 seconds, repeat 10 times.



#### 5) Shoulder external rotation in abduction

Lie on your back/recline on sofa. Place both hands behind your head, and allow your elbows to fall out to the side as far as you can. If you can't reach behind your head you can put your hands on your forehead.

Hold stretch 10 seconds, repeat 10 times.



## Patient Information

### 6) Hand behind back

Try and reach your hand as far as possible behind your back. Use your non-affected side to hold onto your wrist and pull the arm further round/up your back as far as you can.

If you cannot reach the other hand, you can use a stick or towel behind your back to bridge the gap.

Hold stretch for 10 seconds, repeat 10 times.



### Further Information

If you require further information, please contact The Upper Limb Physiotherapy Team on 024 7696 6013.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6013 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

#### Document History

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