

Physiotherapy

Post injection exercises - Frozen shoulder

Whilst waiting for your outpatient physiotherapy to start, you should begin stretching your shoulder at home as pain allows. The injection should help to reduce the pain in your shoulder and 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.



Patient Information

Shoulder flexion



Lie on your back. Either hold onto a stick/umbrella or hold your wrist with the non-affected arm. Take the arm/s as far up above your head as possible.

Hold the stretch for 5-10 seconds. Repeat 10 times.

Shoulder abduction



Slide your arm up the wall as far as possible. Try getting your armpit as close to the wall as possible without leaning your body away.

Hold the stretch for 5-10 seconds. Repeat 10 times.

Patient Information

Shoulder adduction



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

Hold the stretch for 5-10 seconds. Repeat 10 times.

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. Keep the elbow into your side.

Hold the stretch for 5-10 seconds. Repeat 10 times.

Patient Information

Shoulder external rotation in abduction



Lie on your back/recline on a sofa. Place both hands behind your head. 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 the stretch for 5-10 seconds. Repeat 10 times.

Hand behind back



Try and reach your hand out as far as possible behind your back. Use your non-affected side to hold onto your wrist. 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 the stretch for 5-10 seconds. Repeat 10 times.

Patient Information

Further information

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

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