

A frozen shoulder or Adhesive Capsulitis causes pain and stiffness in the shoulder. Gentle exercises and stretching are essential for regaining motion and relieving pain. Stretch only to your comfort level and focus on relaxing tension from the shoulder and any other body part.

While doing the exercise, ensure you have enough space to avoid injury. Don't push beyond your limits; stop if you feel pain beyond mild discomfort. If you're new to exercise, start slowly and gradually build up.

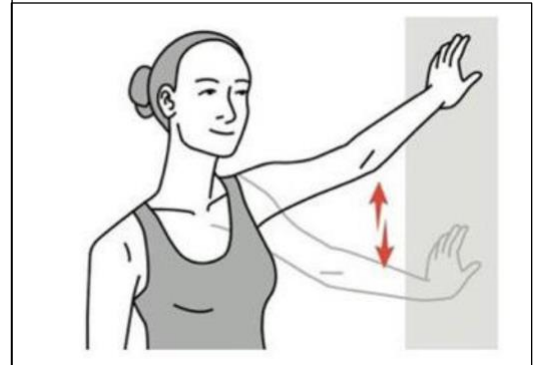
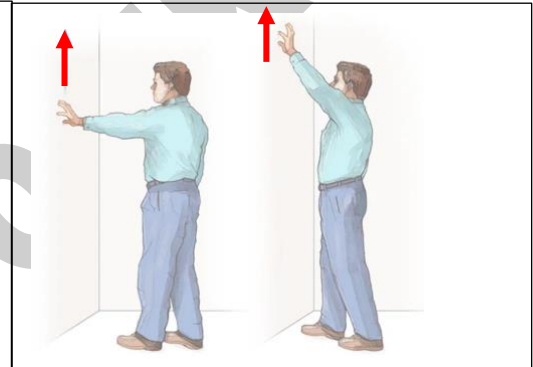
## Some useful exercises

### 1. Wall Walks

1. Stand facing a wall, maintaining a distance of about one foot.
2. Extend the fingers of your affected arm to touch the wall.
3. Begin walking your fingers up the wall, as if they were a spider crawling.
4. Continue this motion until you reach a height that allows you to comfortably raise your arm.
5. Repeat this exercise 10 times, twice a day.

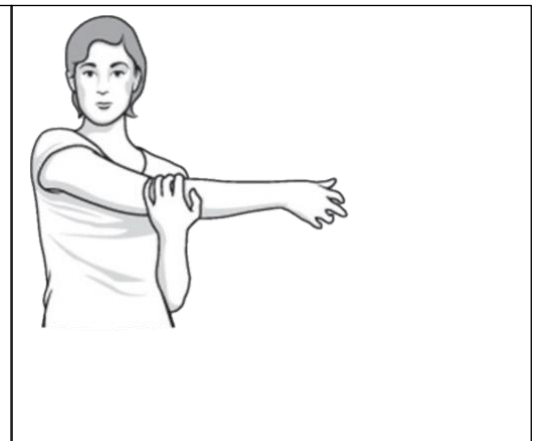
#### Try this also

1. Stand sideways to the wall with arms at your sides.
2. With slight elbow flexion, walk up the wall, adjusting arm angle for comfort.
3. Repeat 10 times, twice daily.



### 2. Cross-Body Reach

1. You could do it while sitting or standing.
2. Use your good arm to lift your affected arm at the elbow, and bring it up and across your body.
3. Exerting gentle pressure to stretch the shoulder.
4. Hold the stretch for 15 to 20 seconds.
5. Do this 10 times per day, twice daily.



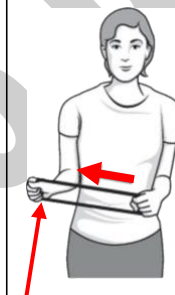
### 3. Towel stretch

1. Hold a towel at either end with a wide grip
2. Use your unaffected arm to pull the affected arm up toward your head
3. Hold the stretch for a few seconds
4. Repeat 10 to 15 times, twice daily gradually increasing the stretch



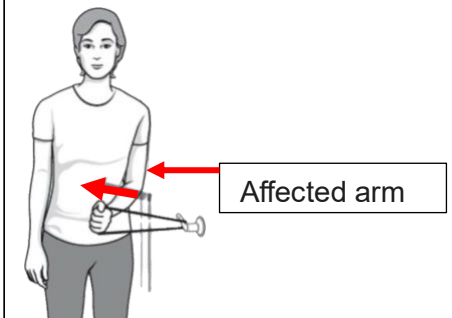
### 4. Outward Rotation with Exercise band

1. Stand with a small rubber exercise band between your hands.
2. Bend your elbow to 90°.
3. Rotate the lower part of the affected arm outward two or three inches and hold for five seconds.
4. Repeat 10 to 15 times, twice daily.



### 5. Inward Rotation with Exercise band

1. Stand next to a closed door, and hook one end of a rubber exercise band around the doorknob.
2. Hold the other end with the hand of the affected arm, holding your elbow at a 90-degree angle.
3. Pull the band toward your body two or three inches and hold for five seconds.
4. Repeat 10 to 15 times, twice a day.



**Repeat those exercises 2-3 times a day.** If your pain does not resolve, please contact us at <https://paincure.co.uk> for further help.