

Frozen Shoulder Stretching Exercises

In a frozen shoulder, the lining of the joint (the **capsule**) becomes thickened and tight, so the shoulder stiffens in every direction. These three home stretches each target a different part of the capsule to help you gradually regain your movement.

How to stretch

30 s

Hold

Move into the stretch until you feel a firm but comfortable pull, then hold it for 30 seconds.

3×

Relax & repeat

Relax, then repeat each stretch 3 times.

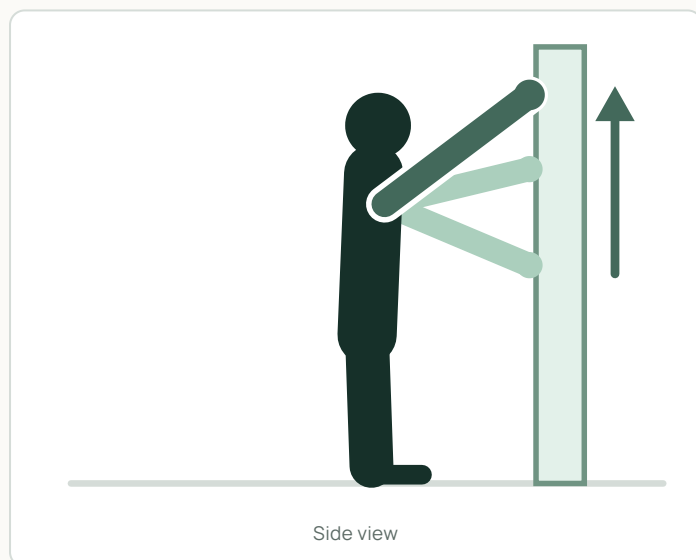
Daily

Every day

Do all three stretches every day. Little and often works better than one long, forceful session.

Gentle, not forced. A stretching ache is normal; sharp pain is not, so ease off if you feel it. Never bounce or force a stretch.

Your three stretches



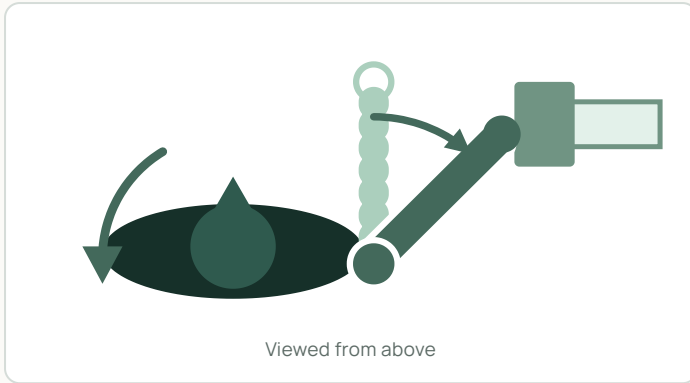
STRETCH 1

Wall walk

Stretches the lower part of the capsule to help you lift your arm forwards and up.

- 1 Stand facing a wall and place the fingertips of your stiff arm on the wall at about chest height.
- 2 Slowly walk your fingers up the wall as high as you comfortably can, stepping closer to the wall as your arm rises.
- 3 Hold for 30 seconds, then slowly walk your fingers back down.
- 4 Keep your shoulder relaxed – try not to shrug or lean back.

Hold 30 seconds · repeat 3 times



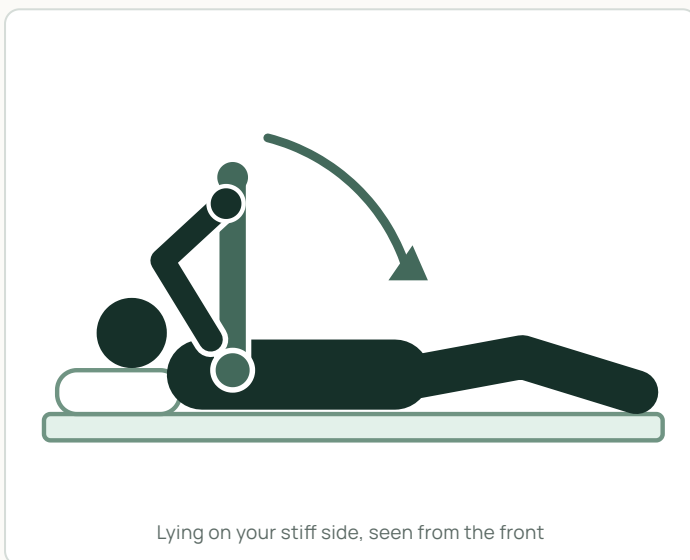
STRETCH 2

Doorway external rotation stretch

Stretches the front of the capsule to help you turn your arm outwards.

- 1 Stand in a doorway with your elbow tucked into your side and bent to 90°, and your palm against the door frame.
- 2 Keeping your elbow against your side and your hand on the frame, slowly turn your body away until you feel a stretch at the front of your shoulder. Your forearm ends up turned outwards.
- 3 Hold for 30 seconds, then turn back and relax.

Hold 30 seconds · repeat 3 times



STRETCH 3

Modified sleeper stretch

Stretches the back of the capsule to help you turn your arm inwards and reach behind your back.

- 1 Lie on your stiff side with your head on a pillow, then roll slightly backwards. This takes some pressure off the shoulder.
- 2 Bring your stiff arm out in front of you at shoulder height, with the elbow bent to 90° and your fingers pointing to the ceiling.
- 3 With your other hand, gently push your forearm down towards the bed until you feel a stretch at the back of your shoulder.
- 4 Hold for 30 seconds, then relax.

Hold 30 seconds · repeat 3 times

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Getting the most from your stretches

Stretching is easier when the shoulder is warm, for example after a warm shower. Progress can feel slow, but keep going: movement usually returns gradually. If your pain is getting worse or you are not improving, contact Dr Constantin's rooms.