

Frozen Shoulder? Step-by-Step Exercise & Pain Relief Program for the “Frozen Stage”.

Frozen Stage:

Booyah Exercises: Start by doing exercises 1-3.

1. Stick under shoulder blades in arm pits. Perform chin tucks. (10 repetitions)



2. Progressive Statue of Liberty. (10 repetitions) (Stick on floor or on chair)



3. Extensions of shoulder pain arm using opposite arm OR with broomstick or booyah. (10 repetitions)



After the extension of your painful shoulder is equal to that of your nonpainful shoulder, you may stop exercise 3. Substitute exercise number 4 instead. So, you are doing exercises 1, 2, and 4.

4. Shoulder internal rotation with stick or belt.



After internal rotation of your painful shoulder is equal to that of your nonpainful shoulder, you may stop exercises 4. Substitute exercise number 5 instead. So, you are doing exercises 1, 2, and 5.

5. Supine assisted flexion. With other arm or with booyah stick.



After flexion of your painful shoulder is equal to that of your nonpainful shoulder, you may stop exercises 5. Substitute exercise number 6 instead. So, you are doing exercises 1, 2, and 6.

6. Slide hand of painful shoulder arm up wall using a towel.

