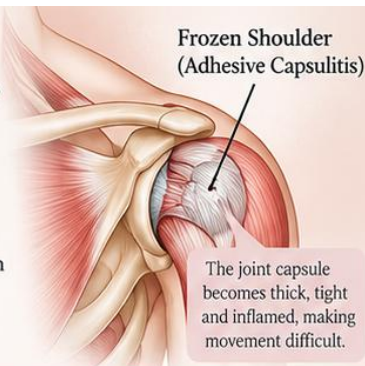


Frozen Shoulder STRETCHES

Gentle Movement • Greater Freedom • A Brighter Tomorrow

Frozen shoulder (adhesive capsulitis) can cause stiffness, pain, and limited range of motion in the shoulder. These gentle stretches can help maintain and improve mobility. Move slowly, breathe deeply, and stop if you feel sharp pain.

Small steps. Big progress. ♥



1 Pendulum Stretch (Relax and Swing)  - Lean forward, supporting yourself with the opposite hand. - Let the affected arm hang down. - Gently swing in small circles (clockwise and counterclockwise). 30 seconds each direction	2 Towel Stretch (Internal Rotation)  - Hold a towel behind your back with one hand overhead and the other hand below. - Gently pull up with the bottom hand. - Keep shoulders relaxed. Hold 15–30 seconds	3 Across-Body Stretch (Posterior Shoulder)  - Bring one arm across your chest. - Use your opposite arm to gently pull it closer. - Keep your shoulder down and relaxed. Hold 15–30 seconds per side	4 Wall Climb (Flexion/Forward Reach)  - Stand close to a wall. - Slowly walk your fingers up the wall as high as you can comfortably. - Hold for a few seconds, then slowly lower. Repeat 5–10 times
5 Table Slide (Forward Stretch)  - Sit in a chair with hands on a table or counter. - Slowly slide your hands forward, bending at the waist. - Feel a gentle stretch in your shoulders. Hold 15–30 seconds	6 External Rotation with Stick or Towel  - Hold a stick or towel with both hands, elbows at your sides (bent 90°). - Use your unaffected arm to gently push the affected arm outward. Hold 15–30 seconds per side	7 Doorway Stretch (Chest & Shoulder Flexibility)  - Stand in a doorway with elbows at 90° and forearms on the frame. - Gently lean forward until you feel a stretch in your chest and shoulders. Hold 15–30 seconds	8 Sleeper Stretch (Internal Rotation)  - Lie on your side with the affected arm down. - Use your other hand to gently press your forearm toward the table/bed. - Keep your shoulder down and relaxed. Hold 15–30 seconds per side
9 Shoulder Blade Squeeze (Posture & Mobility)  - Sit or stand tall. - Gently squeeze your shoulder blades together. - Hold for a few seconds, then relax. - Repeat 10–15 times.	10 Side Reach Stretch (Lateral Flexion)  - Raise one arm overhead. - Gently lean to the opposite side. - Feel a stretch along your side and shoulder. Hold 15–30 seconds per side	Helpful Tips: ♥ - Go slowly and breathe deeply. - Stretch to a gentle discomfort, not pain. - Do these stretches regularly (1–2 times daily). - Consistency is key. - Heat before stretching may help loosen the shoulder. - If pain increases, stop and consult your healthcare provider. <i>Move Today for a More Flexible Tomorrow ♥</i>	

♥ Healthier Shoulders ♥ Brighter Days ♥ You've Got This

CARING PALMS MASSAGE
Relax. Restore. Renew.