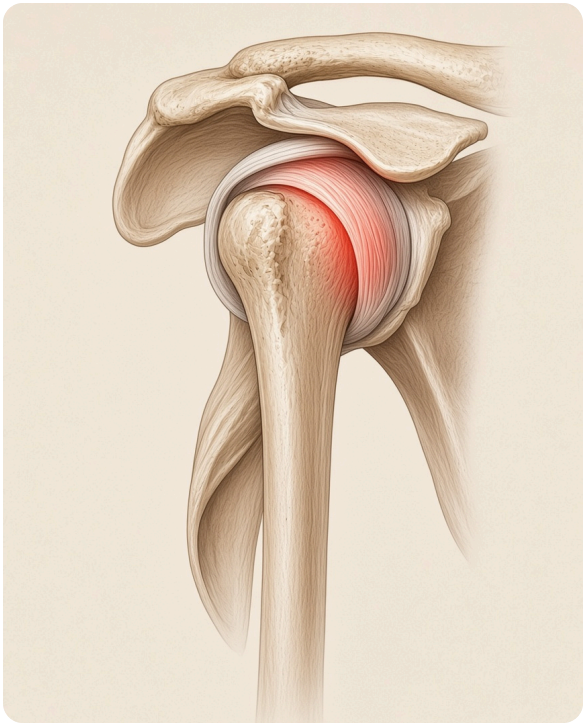
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PATIENT GUIDE

Frozen Shoulder

Shoulder stuck and in pain? It could be **frozen shoulder.**

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What is frozen shoulder?

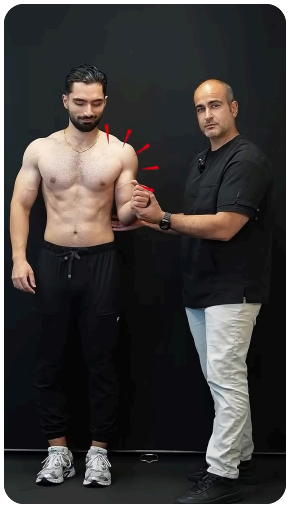
Frozen shoulder (adhesive capsulitis) causes pain and stiffness that builds over time, as the capsule around the shoulder joint becomes inflamed and tight. Regular mobility exercises and gradual strengthening can help bring back movement as your shoulder recovers.

QUICK CHECK

Does this sound like you?

- [ ] **Sudden and significant pain** in the shoulder
- [ ] A **sudden and significant reduction** in your range of motion
- [ ] Significant limits **rotating your arm outward** (external rotation)
- [ ] Having a hard time **putting your hand behind your back**
- [ ] Pain that's often **worse at night**

If you ticked a few boxes, frozen shoulder could be the problem. Try the 4 exercises on the next pages.



Significant limits rotating the arm outward



A hard time putting the hand behind the back

YOUR 4 EXERCISES

Try these exercises

1 Dowel circles

Challenges your range of motion





1. Place your **affected hand on top of the dowel**.
2. Place your **unaffected hand on top**.
3. Use the unaffected hand to go in a **circular motion**, challenging the range of motion.
4. Do it to **what you can tolerate**: stay within about **4 out of 10** pain.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

> *"As long as your pain level is within a 4 out of 10... you're actually going to get a wonderful recovery."*
> — Armin

Stop if your pain goes past about 4 out of 10, is sharp, or stays worse for hours afterward.

2 Dowel-assisted raise

Pushes the arm out to the side and up in front







1. **Hold the dowel** like so.
2. Use the unaffected hand to **push the affected hand out to the side** (abduction)...
3. ...and **up in front** (flexion), challenging your range of motion.
4. Go to a point where you feel a **good, comfortable stretch**, staying within about **4 out of 10** pain.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if your pain goes past about 4 out of 10, is sharp, or stays worse for hours afterward.

3 Dowel behind the back

Works internal rotation





1. **Hold the dowel** behind your back like so.
2. With your unaffected hand, **pull the affected hand into internal rotation**, challenging the range.
3. **Come right back** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if your pain goes past about 4 out of 10, is sharp, or stays worse for hours afterward.

4 Pillow press

Activates the shoulder muscles and keeps them working



1. Place the **pillow between your body and the wall**.
2. From here, **press your arm into the pillow**, activating those muscles.
3. Relax and repeat.

3 sets of 10–15 presses, 5-second hold

Suggested hold; sets and reps from the video description

Stop if your pain goes past about 4 out of 10, is sharp, or stays worse for hours afterward.

DAILY ROUTINE · ABOUT 15 MINUTES

Put it together

01 Circles
Dowel circles, 3 sets of 10–15

02 Raise
Dowel-assisted raise, side and front, 3 sets of 10–15

03 Behind back
Dowel internal rotation, 3 sets of 10–15

04 Activate
Pillow press, 3 sets of 10–15

Sets and reps are from Armin's video description; once a day is a suggestion. You do have to keep it moving, but stay within about **4/10 pain** (0 = no pain, 10 = excruciating). A long, low-force stretch at a comfortable point works better than forcing into a range that really hurts.

SAFETY FIRST

Get checked right away if you have

- Shoulder pain after a **fall or accident**, especially if the shoulder **looks out of place**
- **Chest pain, shortness of breath**, sweating, or pain spreading to your **jaw or arm**
- Suddenly **can't lift your arm** at all, or major weakness that came on quickly
- A shoulder that is **hot, red and swollen**, or shoulder pain with a **fever**
- **Numbness, tingling or weakness** spreading down your arm
- **Constant pain at night** that doesn't ease with rest, or **unexplained weight loss**

Call 911 for chest pain or trouble breathing. For the others, see a doctor right away or go to the nearest emergency department. If your shoulder isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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