

Frozen Shoulder Rehabilitation Exercises



Wand exercise: Flexion



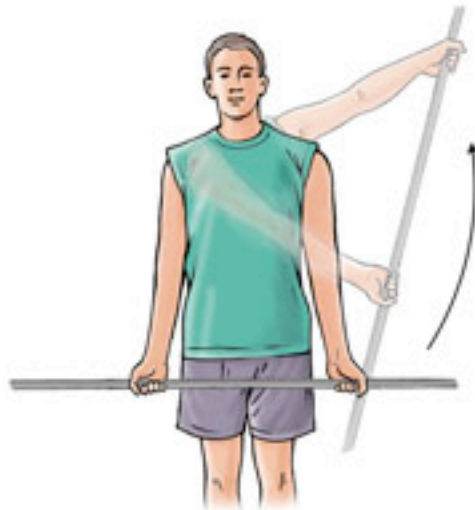
Wand exercise: Extension



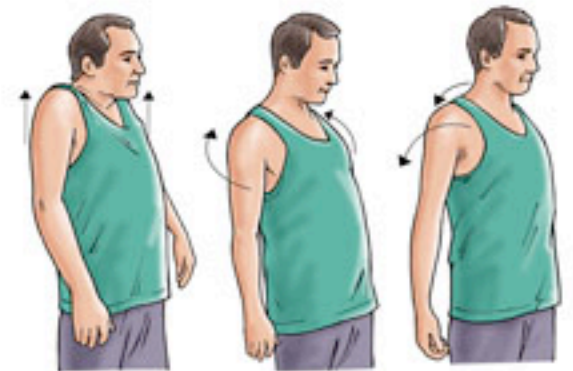
Wand exercise: External rotation



Wand exercise:
Internal rotation



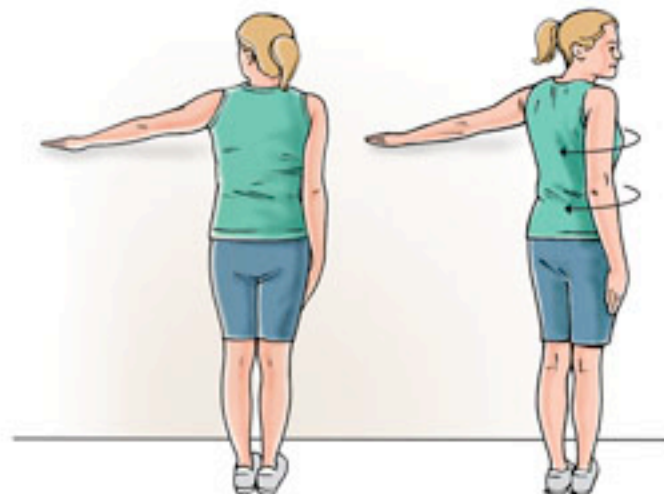
Wand exercise: Shoulder
abduction and adduction



Scapular active range of motion



Pectoralis stretch



Biceps stretch



Sleeper stretch