

## Patient information

### Physiotherapy for a Painful Frozen Shoulder

#### Therapies

##### Advice

- Using your arm will not do you any harm but avoid aggravating your pain by doing too much.
- Use pain medication as advised.
- Pain that affects your ability to sleep can be exhausting. It is however a vicious cycle, and the lack of sleep can make the pain seem worse. Talking to your family doctor (GP) about this is important. Your physiotherapist can also advise you on how to improve and obtain healthy sleep.
- Wear loose, front fastening tops.
- Place your affected arm in first when dressing.
- Remove your affected arm last when undressing.
- Support your affected arm in bed with pillows/towels. This will remind you not to roll onto it.
- Gentle use of your arm can help reduce muscle spasm and maintain movement.
- Supporting your affected arm at the elbow can help you use it during daily activities.

##### General Exercise

- General exercise can really help your recovery so try to keep going with other activities you enjoy keeping fit.
- If you don't exercise regularly try and build something in – even a brisk 20-minute walk three times a week will help.
- This can help reduce your pain as well as improving your general health.

##### Mental Wellbeing

Ongoing pain can be difficult to cope with day-to-day. It can limit your activities, including things you find enjoyable. This can lead to low mood (feeling a bit fed-up, or a bit down). Sometimes low mood can also make your pain feel worse, leading to a cycle of pain and less activity.

## **There are lots of ways that we can tackle low mood, such as:**

- Write a list of all the things you are able to do that you find enjoyable, such as listening to music, talking with friends, going for a walk. Then plan to do a few of these things every day.
- Get as active as you can. We know that even light exercise or activity can help lift our mood.
- If you can, talk about how you are feeling with someone you feel comfortable with, like a relative or a friend.
- Look after yourself by trying to eat healthy meals.
- Try to keep a routine each day with meals and sleeping times.

If you feel your mood is not improving, or may be getting worse, then it is worth talking to your GP about it, or you can contact Talk Liverpool directly yourself on 0151 228 2300 or [www.merseycare.nhs.uk/our-services/liverpool/talking-therapies](http://www.merseycare.nhs.uk/our-services/liverpool/talking-therapies)

## **Goal Setting**

- What do you want to do that you can't do now?
- What activity do you want to return to?
- The physiotherapist will ensure your treatment and exercises relate to this.

## **Joint Mobilisations**

- These are techniques that involve the therapist moving your joints or other structures.
- There are various techniques and can be combined with active movement.
- They can alter the pain signals to and from the brain.
- They can also reduce 'muscle stiffness' in your shoulder, neck, and upper back.

## **Hydrotherapy**

- Hydrotherapy involves carrying out exercises and specific physiotherapy techniques in warm water to help relieve pain, relax, and strengthen muscles, increase circulation, improving function. This can be an excellent addition to land-based physiotherapy.
- Your physiotherapist will assess your suitability for a referral for hydrotherapy.

## **Exercises**

- Reduce pain.
- Maintain the health of the tissues within and around the shoulder.
- Reduce stiffness in the shoulder.

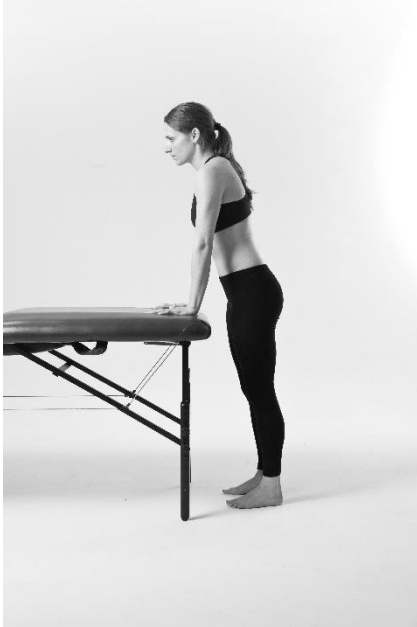
You may only be able to move your arm a small amount at the start, but this will improve

over time. A small increase in pain while exercising is ok as long as it starts to settle within one hour and is not worse the next day. If this happens, don't worry, do less repetitions the next time and then gradually build up again.

Build the exercises into your daily routine so you can do them regularly.

Find time when you are not under pressure and can give the exercises your full attention.

### **Weightbearing Co-contraction**



In standing place your hands on a table and put some weight equally through your hands. As you weight bear through your hands, open up across the chest. This is a nice gentle way to get your shoulder muscles working.

Repeat:

### **Isometric Internal Rotation**



In sitting, affected arm by your side. Place the unaffected hand on the front of the affected forearm and gently push against it.

You can put a towel between the inside of your arm and your body to help you keep this position.

Gently push to 30% of your maximum effort.

This can also be done with the arm supported e.g. on the arm of a chair.

Repeat:

## Isometric External Rotation



In sitting, affected arm by your side. Place the unaffected hand on the outside of the affected forearm at wrist level and gently push against it.

You can put a towel between the inside of your arm and your body to help you keep this position.

Gently push to 30% of your maximum effort.

This can also be done with the arm supported e.g., on the arm of a chair.

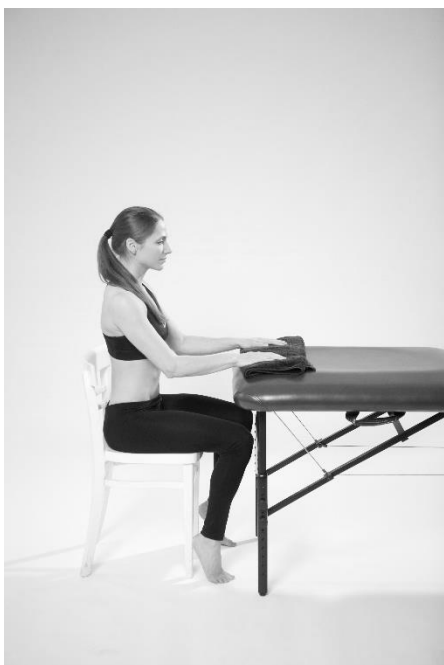
Repeat:

## Seated Table Slide into Flexion

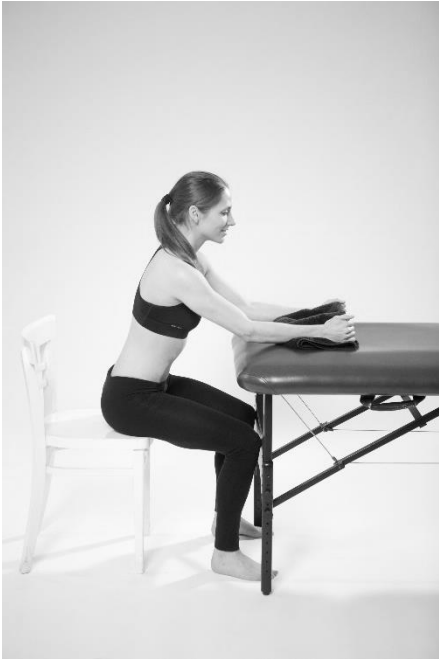
In sitting, rest your hands on a table. Using a duster/towel slide both hands forwards as far as comfortable. Let your head drop forwards slightly at the end of the movement.

**Do not force into a stretch.**

Repeat:



**Place your forearms on the table with your palms facing each other and your elbows slightly flexed.**



### **Seated Table Slide into Abduction**

Sitting next to a table. Rest your forearm on the tabletop. Using a duster/towel slide your arm away from your body as far as comfortable whilst maintaining contact with the table throughout the movement.

**Do not force into a stretch.**

Repeat:

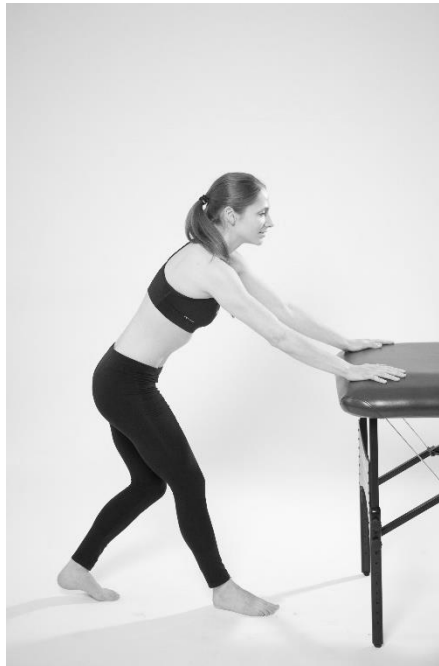


## Step Back Flexion in Standing

Stand with good posture in front of a high table/kitchen worktop. Place your hands on the table and step one foot backwards leaving your hands supported, allowing your shoulders to flex.

**Do not force into a stretch.**

Repeat:



## Alternative:

Place your forearms on a table, keeping your elbows bent and then step back.



## Table Swiss Ball Flexion



Standing with one foot in front of the other, facing the table, place your hands or hand of the affected arm on the ball placed on the table. Keeping your hand/s on the ball, roll the ball away from you, transferring your weight from the back to the front leg.

**Do not force into a stretch.**

Repeat:

## Table Swiss Ball Flexion Squat



Standing facing the table, place both hands on top of the ball. Bend your knees into a squat position whilst your hands remain on the ball, allowing the ball to roll across the table. Return to your starting position.

**Do not force into a stretch.**

Repeat:

### **Table Swiss Ball Abduction**

Stand next to the ball on the tabletop with the hand of your affected shoulder resting on the ball. Roll the ball out to the side transferring your weight towards the ball.

**Do not force into a stretch.**

Repeat:



### **Table Swiss Ball Abduction Squat**

Stand next to the ball on the tabletop with the hand of your affected shoulder resting on the ball. Bend your knees into a squat position whilst your hands remain on the ball allowing the ball to roll. Return back up to your starting position.

**Do not force into a stretch.**

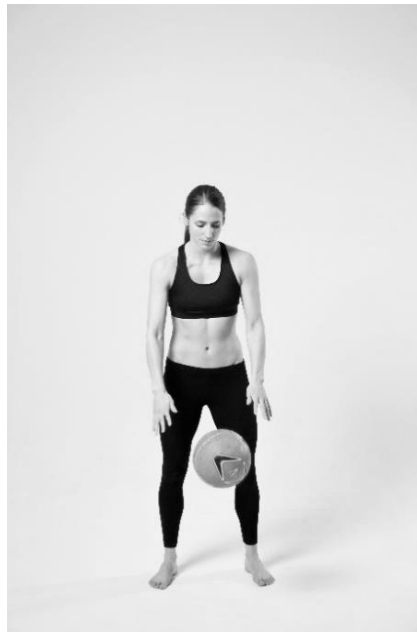
Repeat:





**Standing with a wide stance, bounce a ball in front of you with both hands.**

Repeat:



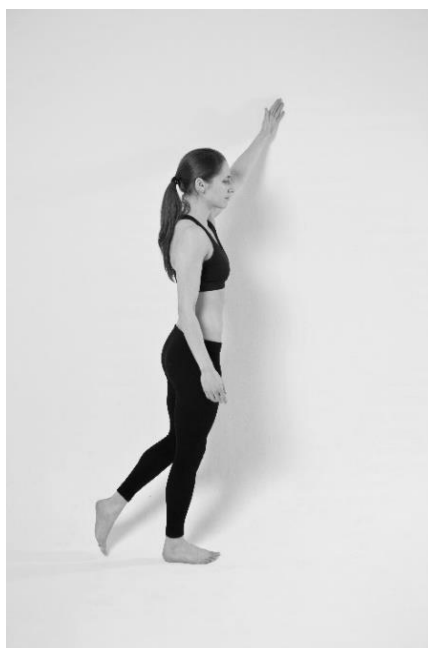
### **Lateral Wall Slide with Step Forward**

Standing tall, side on to a wall. Affected arm next to the wall. Bend your elbow and apply a gentle pressure against the wall with the back of your hand. Step forward and whilst maintaining this gentle pressure, slide your arm upwards against the wall into elevation.

#### **Alternative:**

Assist with your opposite hand under the elbow.

Repeat:



## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**You can access videos for the above exercises by following the below link:**

**[https://www.youtube.com/playlist?list=PL-DY7WyugV4Ffohp\\_2lZPugx1FSDt8FSo](https://www.youtube.com/playlist?list=PL-DY7WyugV4Ffohp_2lZPugx1FSDt8FSo)**

## **Useful Websites**

**<https://www.shoulderdoc.co.uk/section/16>**

**<https://bess.ac.uk/>**

**Royal & Broadgreen Hospital: 0151 706 2760**

**Textphone no: 18001 0151 706 2760**

**Aintree Hospital: 0151 529 3335**

**Textphone no: 18001 0151 529 3335**

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