

Frozen Shoulder Rehabilitation Exercises



Wand exercise: Flexion



Wand exercise: Extension



Wand exercise: External rotation



Wand exercise: Internal rotation



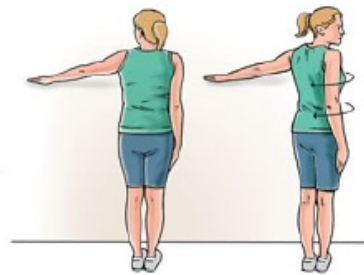
Wand exercise: Shoulder abduction and adduction



Scapular active range of motion



Pectoralis stretch



Biceps stretch