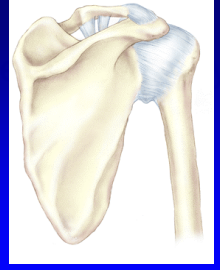


**DR. TERRY HAMMOND**

**SHOULDER SURGEON**



***FROZEN SHOULDER – NON-OPERATIVE TREATMENT –  
PHYSIOTHERAPY PRINCIPLES***

While shoulder painful at rest (6-9 months)

No passive stretching

Cardiovascular conditioning

Hand, wrist, elbow exercises

Core strengthening especially transversus abdominis, multifidus

Scapular mobilization / proprioception

Gentle cuff strengthening within patient's comfortable range - stop if painful

Massage if helpful

When shoulder not painful (> 6-9 months)

Cardiovascular conditioning

Hand, wrist, elbow exercises

Core strengthening especially transversus abdominis, multifidus

Scapular mobilization / proprioception

Gentle cuff strengthening within patient's comfortable range

Massage if helpful

GENERAL PRINCIPLES

Reduce exercises if they cause prolonged pain

No resisted abduction at any stage

Reassure patient that full range will return over time without need for stretching