

FROZEN SHOULDER REHABILITATION

Daily Exercise Log

Patient Name: _____

EXERCISE & TECHNIQUE	REPETITIONS	HOLD TIME	FREQUENCY
Pendulum Stretch Lean over a table, let arm hang. Swing gently in small circles.	10 Circles (CW/CCW)	N/A	2-3 Times Daily
Towel Stretch Hold towel behind back. Use good arm to pull affected arm upward.	10-15 Reps	5-10 Seconds	Daily
Finger Walk Face wall, walk fingers up as high as comfortable.	5-10 Reps	2 Seconds	Daily
Cross-Body Reach Use good arm to lift affected arm at elbow across chest.	10 Reps	15-30 Seconds	2-3 Times Daily
Armpit Stretch Place arm on shelf at chest height. Bend knees to open armpit.	5-10 Reps	10 Seconds	Daily

Important Guidelines:

- Warm up the shoulder (heat pack or warm shower) for 10-15 minutes before starting.
- Stretch to the point of tension, but never sharp pain.
- Breathe deeply and steadily during holds.

Note: This is a template only. Consult a healthcare professional before starting any new exercise routine.