

**DR. ARNAB KARMAKAR**  
**MS, DNB ORTHOPAEDICS**  
**GOLD MEDALIST**  
**CONSULTANT ORTHOPAEDIC SURGEON**



## Frozen Shoulder Rehabilitation Exercises



Wand exercise: Flexion



Wand exercise: Extension



Wand exercise: External rotation



Wand exercise: Internal rotation



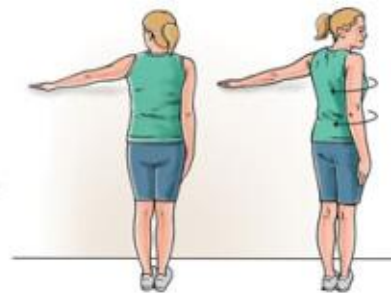
Wand exercise: Shoulder abduction and adduction



Scapular active range of motion



Pectoralis stretch



Biceps stretch

DO NOT EXERCISE IN ACTIVE PAINFUL CONDITION.

CONTACT MY ASSISTANT FOR ANY HELP AT 9830491377