Shoulder Rehabilitation

कंधे की कसरतें

Sixteen exercises in two sections: wand-assisted mobility for a stiff shoulder, then rotator cuff and shoulder-blade strengthening.

16	14 min	4
exercises	guided session	parts

A frozen shoulder can make the simplest things — combing your hair, reaching a shelf, tucking in a shirt — feel impossible. The good news: steady, gentle movement helps the joint loosen over time.

Section one uses a simple stick (a wand) and a towel so your healthy arm can help the stiff one move. Section two builds strength in the rotator cuff and the muscles around the shoulder blade, so the shoulder stays stable once movement returns.

Work within comfort. A mild stretch is fine; sharp or worsening pain is a signal to stop.

Section 01 · Frozen shoulder

Wand-assisted mobility

Your healthy arm does the work — the stiff arm goes along for the ride.



Sets	Reps	Equipment
3	10	Stick

Exercise 01

Wand-Assisted Flexion

छड़ी से हाथ सामने ऊपर

How to perform

1. Hold a stick with both hands.
2. Using your healthy arm, lift the stick forward and up overhead, then lower slowly.



Sets	Reps	Equipment
3	10	Stick

Exercise 02

Wand-Assisted Extension

छड़ी से हाथ पीछे

How to perform

1. Hold the stick behind your back with both hands.
2. Keeping elbows straight, use your healthy arm to move it slightly away from your body, then return.



Sets	Reps	Equipment
3	10	Stick

Exercise 03

Wand-Assisted Abduction

छड़ी से हाथ बगल में ऊपर

How to perform

1. Hold one end of the stick with the exercising hand.
2. Push with the other hand to raise the arm out to the side, then lower slowly.



Sets	Reps	Equipment
3	10	Stick

Exercise 04

Wand-Assisted Internal Rotation

पीठ के पीछे हाथ अंदर

How to perform

1. Hold the stick behind your back with both hands.
2. Pull it towards your healthy side so the exercising hand moves inward across your back.
3. Return.



Exercise 05

Wand-Assisted External Rotation

हाथ बाहर घुमाएँ

How to perform

1. Bend your elbow and keep it against your side, holding the stick with both hands.
2. Push with the healthy hand so the exercising hand rotates outward.
3. Keep the elbow in place.

Sets	Reps	Equipment
3	10	Stick



Exercise 06

Assisted Back Scratch

तौलिये से पीठ पर हाथ ऊपर

How to perform

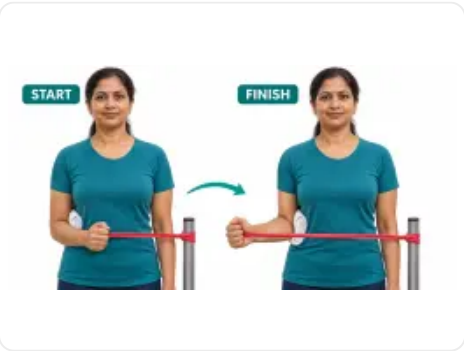
1. Hold a towel behind your back — healthy hand on top, exercising hand below.
2. Pull up with the top hand to slide the lower hand up your back.
3. Lower again.

Sets	Reps	Equipment
3	10	Towel

Section 02 · Rotator cuff

Resistance band rotations

Tie the band securely. Move slowly on the way back — that's where the strength is built.



Exercise 07

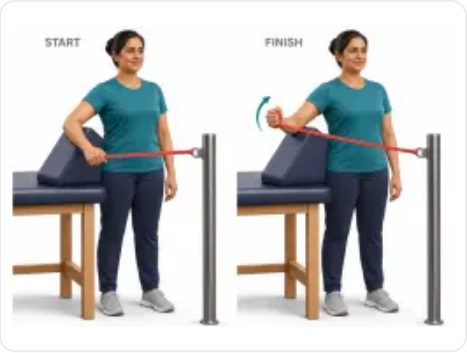
External Rotation at 0°

कोहनी शरीर से लगाकर बाहर घुमाएँ

How to perform

1. Tie the band at waist height on the other side.
2. Place a towel under your arm, bend the elbow and keep it at your side.
3. Rotate the hand outward, then slowly return.

Sets	Reps	Equipment
3	10	Resistance band, Towel



Sets	Reps	Equipment
3	10	Resistance band

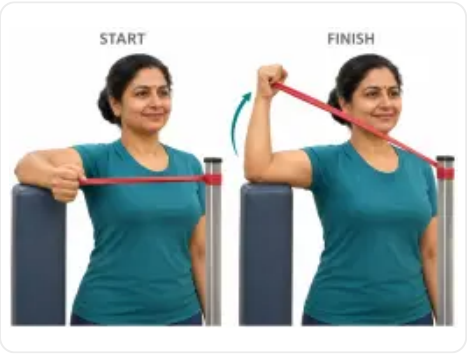
Exercise 08

External Rotation at 45°

आधी ऊँचाई पर बाहर घुमाएँ

How to perform

1. Rest the arm on a support about halfway out to the side, elbow bent.
2. If you don't have a wedge, a firm pillow works too to support and raise the arm.
3. Holding the band in front, rotate the hand up and back.
4. Return slowly.



Sets	Reps	Equipment
3	10	Resistance band

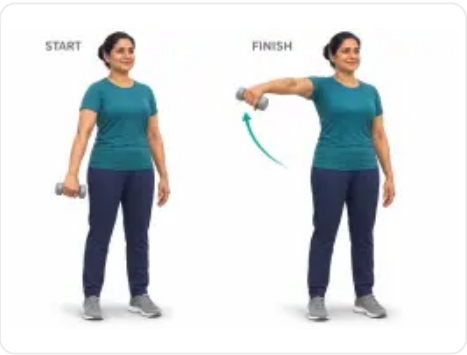
Exercise 09

External Rotation at 90°

कंधे की ऊँचाई पर बाहर घुमाएँ

How to perform

1. Support the arm at shoulder height with the elbow bent.
2. Holding the band in front, rotate the hand up until it points to the ceiling.
3. Return slowly.



Sets	Reps	Equipment
3	10	Light dumbbell

Exercise 10

Empty Can Exercise

अंगूठा नीचे रखकर हाथ उठाएँ

How to perform

1. Hold a light dumbbell, thumb pointing down.
2. With the arm slightly forward of your side, raise it to shoulder height.
3. Lower slowly.

Section 02 · Deltoid isometrics

Press without moving

Isometrics build strength without moving the joint — useful when movement is still painful.



Exercise 11

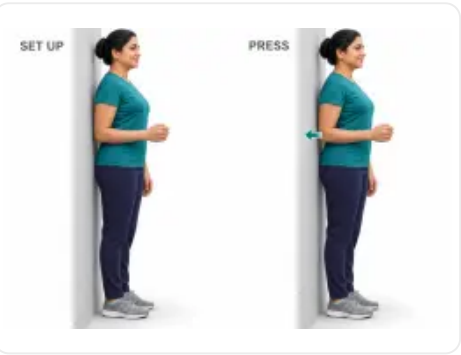
Deltoid Isometric Flexion

आगे की ओर दबाव

How to perform

1. Face a wall.
2. Bend the elbow and place your fist on the wall.
3. Press gently forward without moving the arm, then relax.

Sets	Reps	Equipment
3	10	Wall



Exercise 12

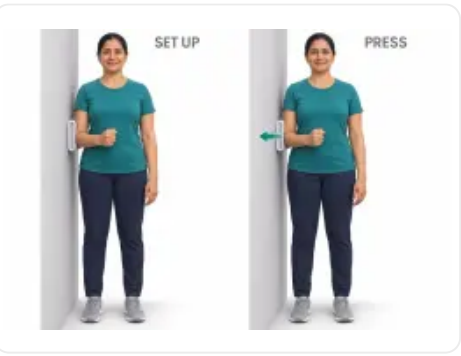
Deltoid Isometric Extension

पीछे की ओर दबाव

How to perform

1. Stand with your back to the wall.
2. Bend the elbow and place the back of it on the wall.
3. Press gently back without moving, then relax.

Sets	Reps	Equipment
3	10	Wall



Exercise 13

Deltoid Isometric Abduction

बगल की ओर दबाव

How to perform

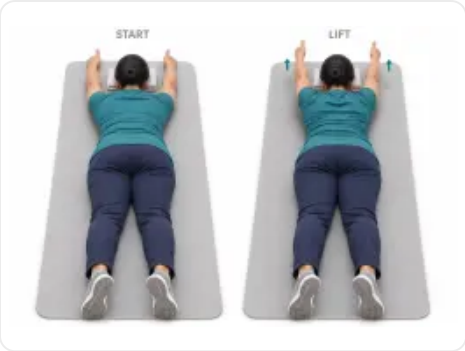
1. Stand side-on to a wall with a towel between your bent elbow and the wall.
2. Press the elbow gently into the wall without moving, then relax.

Sets	Reps	Equipment
3	10	Towel, Wall

Section 02 · Shoulder blades

Prone V · Y · T raises

Lie face down with your forehead on a towel. Gently draw the shoulder blades together as you lift.



Exercise 14

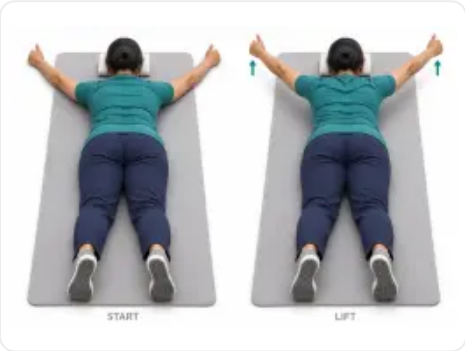
Prone V Raise

V बनाकर हाथ उठाएँ

Sets	Reps	Equipment
3	10	None

How to perform

1. Arms overhead close together in a narrow V, thumbs up.
2. Squeeze shoulder blades gently and lift a little.
3. Chest stays down.
4. Lower slowly.



Exercise 15

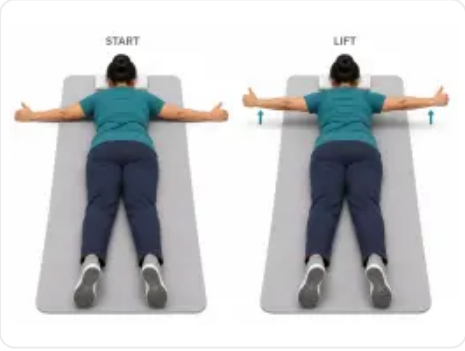
Prone Y Raise

Y बनाकर हाथ उठाएँ

Sets	Reps	Equipment
3	10	None

How to perform

1. Arms overhead spread diagonally in a Y, thumbs up.
2. Squeeze shoulder blades gently and lift a little.
3. Lower slowly.



Exercise 16

Prone T Raise

T बनाकर हाथ उठाएँ

Sets	Reps	Equipment
3	10	None

How to perform

1. Arms out to the sides at shoulder level in a T, thumbs up.
2. Squeeze shoulder blades gently and lift a little.
3. Lower slowly.

When to stop

Consult your doctor if pain increases, or if night pain gets worse.

These guides support — they don't replace — the plan from your own doctor or physiotherapist.
Voice-guided sessions are on the Monica Singh website and app.