The pain and tension of a “Stiff Shoulder” or the more extreme “Frozen Shoulder” can limit abilities most people take for
granted such as grooming, dressing, lifting a book and sleeping. Doing a little bit more often is better than doing a lot
all at once. Progress slowly to learn your safe range of motion and work up to doing more of the sequence with-
out increasing pain. Just the warm up will be sufficient for some.

This sequence is designed for tight tissues that cross the joint and pinch other tissues. This can result in pain,
an inability to raise the arm, “closed chest,” rounded back, arms that turn in, and fibrous tissues in the joint
that capsule, restricting arm movement.

1. Warm up arm circles: size and height
depends on shoulder severity. If not
able to circle, swing arm gently at side.
If this is too intense then just lean to
the side and let gravity pull your arm.

2. Block up Wall: Walk in toward wall
while sliding foam block up wall. After a
few breaths move away and slide block
down. Do both sides.

3. Supported Goal Post Arms with
Twist: Place support under elbows,
hands, or both. Cross right leg over
left, then drop legs right. Then Left leg
over right, drop left.

4. Setu Bandha (bridge) Lie flat then
place block under sacrum. Straighten
arms by your side and turn thumbs
up. Shoulders roll under and together.
Arms press down. Lift hips off block to
open chest.

5. Bhujangasana (cobra): To protect
your back, strap shins and keep legs
pressing out. Light weight on hands
while lifting head and chest.

6. Gomokasana
(cow face): roll up-
er arm toward ear
and use strap to lift
top elbow.

7. Garudasana (eagle): If wrapping
isn’t available, just bring forearms
toward each other. Depending on how
this feels you may add movement side
to side, up and down. Do both sides.

8. Savasana – Resting Pose (not pictured)