

# HOME PRACTICE SEQUENCE

## Stiff and Frozen Shoulders

Sequence by Alicia Buss  
Alicia teaches morning classes.

Photos: Kathy Prekoski  
Model: Kathy Archibald

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 without 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 upper 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)