

Frozen Shoulder

Frozen shoulder is an inflammatory condition which inhibits movement in the shoulder. The clinical term for the condition is **adhesive capsulitis**. The shoulder joint is a capsule with ligaments which join the shoulder bones to one other. When there is an inflammation in the shoulder joint, the shoulder bones have less ability to move freely in the capsule.

An increased risk for frozen shoulder stems from conditions such as diabetes, shoulder trauma (that includes surgery), open heart surgery, hyperthyroidism, and cervical disk disease.

Yoga should be performed in such a way as if to seem that one is untying the tangled maze of bones. Yoga in the treatment of frozen shoulder certainly helps than drugs.

Yoga exercises for frozen shoulder

Yoga soothes the frozen shoulder and then restores it to its normal position. First one to do simple exercises like the gentle small tugging movements to free up the tissues and then one can proceed to more difficult postures of the yoga. The exercises help to tone the whole body and not only frozen shoulders.

1. Shoulder circle is the exercise in which the patient has to make circles by rotating the shoulder, while the part of the arm from elbow has to fold inside so that the palms of the hand can touch the shoulder. This exercise helps to free up the stiff muscles.

2. Arm circles exercise also helps to loosen the muscles. The arm circle exercise relaxes the whole body and not only the shoulders.

The standing exercises in Yoga

The standing exercises in yoga are those that are done while standing erect on the ground and performing asanas or exercises to relieve the frozen shoulders



Stretches side of shoulder and back of upper arm

1. Stand or sit and place right hand on left shoulder (Breath Inn)
2. Breathing Out, With left hand, pull right elbow across chest toward left shoulder and hold 10 to 15 seconds

Repeat on other side



Stretches shoulder-2

1. Interlace fingers and turn palms out(Breath Inn)
2. Extend arms in front at shoulder height (Breath Out)
Hold 10 to 20 seconds, relax, and repeat