

Hospital

National University Exercises for Frozen Shoulder Scan QR codes for Youtube videos

Shoulder flexion with stick





https://tinyurl.com/yy8m55ak

Shoulder abduction with stick





https://tinyurl.com/jexmnv48

Shoulder external rotation with stick





https://tinyurl.com/u4ehkb28

Hand behind towel stretch





https://tinyurl.com/tn6hkvk8