



Chair Yoga for Frozen Shoulder

5 Gentle Moves for Pain Relief – Free Printable

✓ Guidelines:


- Sit on a sturdy, non-rolling chair.
 - Move slowly and gently—never push into pain.
 - Focus on your breath.
 - Stop if discomfort increases.
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1. Seated Shoulder Rolls


- Sit upright, hands resting on thighs.
 - Gently roll shoulders forward in circles 5 times.
 - Repeat rolling backward 5 times.
 - **Reps:** 5 forward + 5 backward
 - ✓ *Loosens stiff shoulder joints*
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2. Cross-Body Arm Stretch (Modified for Chair)


- Bring your right arm across your chest.
- Hold it gently with your left hand above the elbow.
- Keep shoulders relaxed.

- Hold for 15–20 seconds.
 - Repeat on the other side.
 - **Reps:** 2 per side
 -  *Eases tension in shoulder muscles*
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3. Seated Eagle Arms (Garudasana – Arms Only)

- Cross your right arm under your left and try to bring palms or back of hands together.
 - Lift elbows slightly while keeping shoulders down.
 - Hold for 10–15 seconds, breathing deeply.
 - Repeat on the other side.
 - **Reps:** 2 each side
 -  *Improves shoulder mobility and circulation*
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4. Wall-Assisted Arm Slide (Chair Version)

- Sit sideways near a wall.
 - Raise your arm slowly along the wall as high as comfortable.
 - Slide it back down.
 - Keep your shoulders relaxed and breathe.
 - **Reps:** 5–10 slow slides
 -  *Increases range of motion gently*
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5. Neck and Shoulder Relaxation

- Sit tall.
 - Inhale and lift both shoulders toward your ears.
 - Exhale and release your shoulders down slowly.
 - **Reps:** 5–8
 -  *Relieves upper body stress*
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Pro Tips:

- Warm the area with a heating pad before starting.
 - Practice daily for long-term relief.
 - Combine with breathing exercises for better results.
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