SydneyShoulder Specialists

Dr Allan Young
MBBS, MSpMed, PhD, FRACS (Orth)

Treatment of Shoulder Stiffness
The Jean-Pierre Liotard (JPL) Technique

Shoulder stiffness has many different causes and is sometimes referred to as Frozen Shoulder. A stiff shoulder is often a painful shoulder, and so successful recovery of FULL range of motion usually results in pain relief.

The following stretch is simple but effective, however it is important that it is performed on a regular basis. It is most beneficial to perform the stretch only once or twice at a time, but repeat as often as possible during the day, i.e. every hour if you can remember.

You will be shown by your treating physician or therapist how to perform self-directed movements, raising your arms with hands interlocked. Your hands work together in symmetry, movements progressing as tolerated. The principle is to do only a few repetitions, but do these often. Remember: concentrate on your breathing !!!

Start Position

1 *Hands on head*

This exercise should be performed sitting on a chair, with your body relaxed and slouched backwards. The starting position is with both hands interlocked together and resting on your lap.

Stretching is performed in the following 5 steps:

2 *Hands behind head*

3 *Push elbows backwards*

1. Raise your hands upwards together to rest on the top of your head. Bend your head forward if you must.

2. Slide your hands behind your head as far as you can.

3. Push your elbows backwards as far as you can.

4 *Reach up with hands*

5 *Return to resting position*

4. "Reach for the sky"...reach upwards with both hands held tightly together above your head in line with your body (i.e. slightly backwards), think about trying to straighten the elbows. Hold for 5 seconds, tolerate any discomfort for this short period.

5. Return hands smoothly to your lap by bending your elbows. Breathe out slowly as you lower your hands.

Additional Notes:

Hydrotherapy. If you have access to a heated pool, then try performing the exercises in warm water.