

Shoulder Stretches

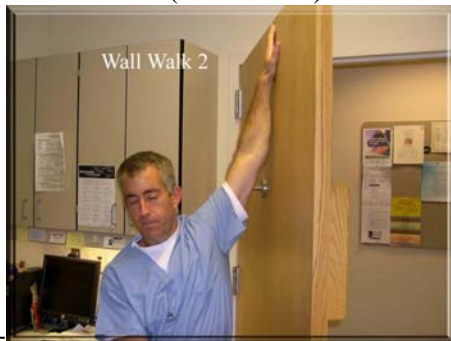
General Stretching Information- Stretches should be held for a minimum of 20 seconds, and repeated 4-5 times per session for each of the stretches. The stretch may feel uncomfortable but should not be painful. Initially these stretches should be done 3 X's a day.

Wall walk (Forward Flexion)-



Facing the doorway walk affected hand up the door until you feel a stretch (which is uncomfortable, but bearable). It is best to incorporate these into daily routines, for example when you first get up, when you get home from work and 1 hour before you go to bed.

Wall Walk 2 (Abduction)-



Facing sideways to the door, walk the arm out sideways up the wall until you feel a stretch.

Towel Exercises (Internal Rotation)-



Place the affected arm on the small of the back with the palm facing outward. Drape a towel over your good shoulder and grasp it with the injured hand. With your good hand pull the towel over the shoulder to stretch the arm up the back

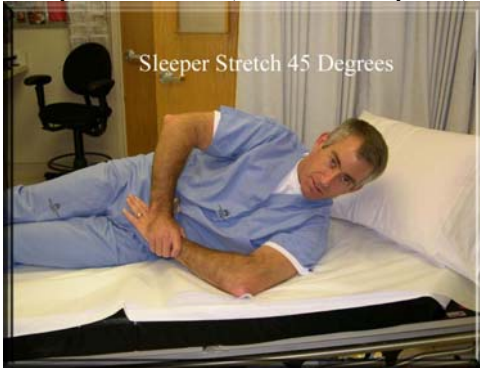
Sleeper Stretch 1 (Internal Rotation/Posterior Capsule)-



Find a padded flat surface, either a carpeted floor or a firm mattress. Lie on the affected side and have the arm at the level of the shoulder (90 degrees from the plane of the body). With the good arm push down on the forearm until you feel the stretch. The goal is to eventually get the forearm of the injured side to touch the floor or mattress. This may take several weeks to a couple of months

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Sleeper stretch 2 (Posterior Capsule)-



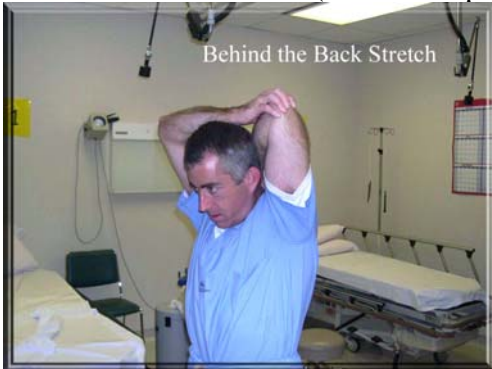
On a flat firm padded surface such as a bed or a mattress lay on the injured side. Bring the arm to approximately 45 degrees from the plane of the body. Push down on the forearm with the good hand until the stretch is felt.

Corner Stretch (External Rotation)-



Grasp a door frame with the affected arm. Keep your elbow tucked against the side of your body. Turn away from your hand until you begin to feel the stretch.

Behind the back stretch (Inferior Capsule)



- Place the injured hand behind your head/neck, palm facing inward. With your good hand grasp the elbow of the injured hand that is behind your neck. Pull/push down on the elbow until the stretch is felt.