



SHOULDER STRETCHES 1

1. Pendulums:



Starting Position:

Bend over with your normal side hand supporting your upper body on a firm surface. Allow your injured side arm to hang freely.

Action:

Move your body in a circular motion, causing your arm to swing in a clockwise motion. Continue for the prescribed amount of repetitions or time.

4. Pulleys:



Starting Position:

Sit in a firm chair, preferably with a straight back to it, with your back to the door. Place the pulleys on top of the door with the handles in front of you.

Action:

Pull downward with your good arm, allowing your injured arm and shoulder to move upward. It is very important that you relax your injured side arm and allow the pulleys and your uninjured arm do all of the work. Go until you feel pain. Hold for 5 seconds then go a little farther for 3 seconds.

2. External rotation with a stick:



Starting Position:

Lie on your back with your elbow out to your side at approximately 45 degree angle with the stick in your hands as shown.



Action:

Push your injured arm outward while keeping your elbow bent until you feel pain or until end range. Hold and return.

5. Internal Rotation with towel stretch



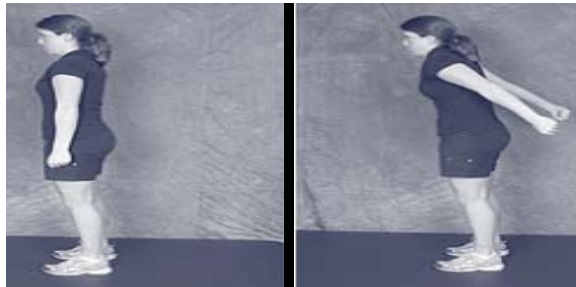
Starting Position:

Stand upright with your injured arm behind your hips and uninjured arm above and behind your head.

Action:

Slowly and gently pull upward with your injured arm, pulling your injured arm up your back. Be very careful and gentle with this exercise, and take care not to create an excessive amount of pain.

3. Extension with a stick:



Starting Position:

Stand with your arms at your side and your palms facing backward.

Action:

Raise your arms back and upward until end range. Hold and return.

6. Counter Stretch:



Starting Position:

Rest with your arm on a table that is approximately chest height in front of you with your arm in a comfortable position.

Action:

Slide or roll your hand forward until you feel a stretch or pain in your shoulder. Hold and return.