

Stretches and Exercises

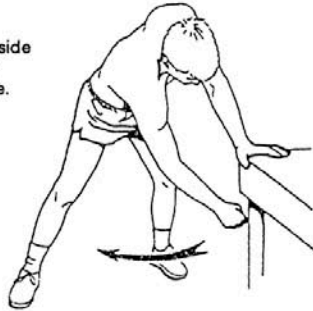
Shoulder Stretches

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SHOULDER 1: Pendulum (side to side)

Gently move arm from side to side by rocking body weight from side to side. Left arm swing freely.

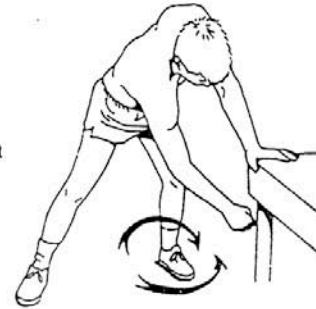
Repeat 6 times.
Do twice daily.



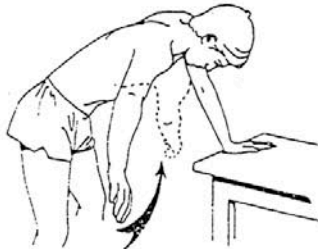
SHOULDER 2: Pendulum: (clockwise/counterclockwise)

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat 6 times.
Do twice daily.



SHOULDER 3: Crosses (horizontal abduction/adduction)



Supporting body weight with other hand, reach across body as far as you can, then pull back.
Repeat 6 times. Do twice daily.

SHOULDER 4: Saws: (shoulder protraction/retraction)

Supporting body weight with hand on table, reach out in front of you. Pull arm back pinching shoulder blades together.

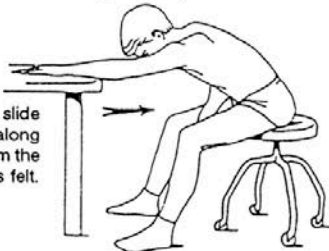
Repeat 6 times
Do twice daily.



SHOULDER 5A: Self stretching activities): Flexion

Sitting upright, slide forearm forward along table as you bend from the waist until a stretch is felt.

Hold 30 seconds.
Repeat 6 times.
Do twice daily.



SHOULDER 5B: (self stretching activities): Flexion (alternate)

Slide arm up wall with palm toward you by moving closer to wall.

Hold 30 seconds.
Repeat 6 times.
Do twice daily.



SHOULDER 6: (self stretching activities) Abduction

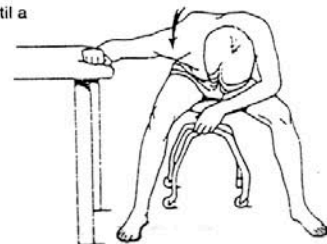


With arm resting on table, palm up, bring head down toward arm as you simultaneously move trunk away from table.
Hold 30 seconds. Repeat 6 times. Do twice daily.

SHOULDER 7: (self stretching activities) External Rotation

Bend forward at waist keeping forearm on table palm down until a stretch is felt.

Hold 30 seconds.
Repeat 6 times.
Do twice daily.



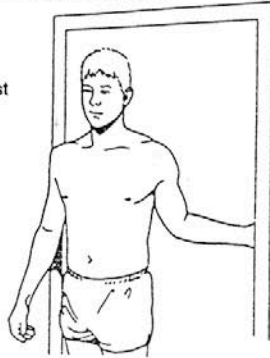
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SHOULDER 8: External Rotation (alternate)

Keeping palm of hand against door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt. Hold 30 seconds. Repeat 6 times. Do twice daily.



SHOULDER 9: Caudal Glide

Grasp edge of table firmly and lean trunk away from stabilized arm.

Hold 30 seconds. Repeat 6 times. Do twice daily.



SHOULDER 10: (Inferior Glide Self-Mobilization)

With towel under arm, gently pull arm toward floor until a stretch is felt.

Hold 30 seconds. Repeat 6 times. Do twice daily.

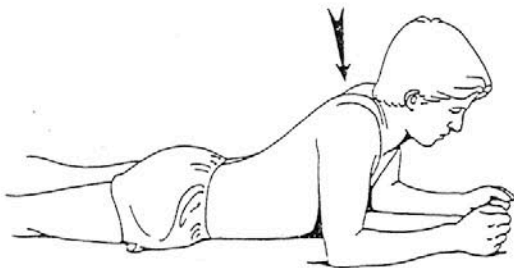


SHOULDER 11: (Self stretching activities): Anterior Glide



Lean body weight between arms until stretch is felt. Hold 30 seconds. Repeat 6 times. Do twice daily.

SHOULDER 12: (Self stretching activities) Posterior Glide



Shift body weight downward between arms until stretch is felt. Hold 30 seconds. Repeat 6 times. Do twice daily.

SHOULDER 13: Retraction in Ext. Rotation

With fingers clasped behind head, pull elbows back while pinching shoulder blades together.

Hold 30 seconds. Repeat 6 times. Do twice daily.

