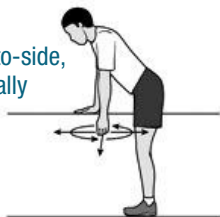


Shoulder Stretching Exercises

Pendulum

- Lean forward and place one hand on a counter or table for support
- Let your other arm hang freely at your side
- Gently swing your arm forward and back
- Repeat the exercise moving your arm side-to-side, and repeat again in a circular motion gradually making larger circles

Repetitions: 2 sets of 10
Days Per Week: 5 to 6



Crossover Arm Stretch

- Relax your shoulders and gently pull one arm across your chest as far as possible, holding at your upper arm
- Hold the stretch for 30 seconds and then relax
- Repeat with the other arm

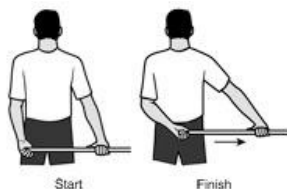
Repetitions: 4 each side
Days Per Week: 5 to 6



Passive Internal Rotation

- Hold a stick behind your back with one hand, and lightly grasp the other end of the stick with your other hand
- Pull the stick horizontally as shown so that your shoulder is passively stretched to the point of feeling a pull without pain
- Hold for 30 seconds and then relax
- Repeat on the other side

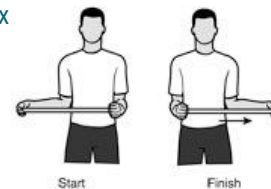
Repetitions: 4 each side
Days Per Week: 5 to 6



Passive External Rotation

- Grasp the stick with one hand and cup the other end of the stick with the other hand
- Keep the elbow of the shoulder you are stretching against the side of your body and push the stick horizontally as shown to the point of feeling a pull without pain
- Hold for 30 seconds and then relax

Repetitions: 4 each side
Days Per Week: 5 to 6



Sleeper Stretch

- Lie on your side on a firm, flat surface with the affected shoulder under you and your arm bent, as shown. You can place your head on a pillow for comfort, if needed
- Use your unaffected arm to push your other arm down. Stop pressing down when you feel a stretch in the back of your affected shoulder
- Hold this position for 30 seconds, then relax your arm

Repetitions: 4 reps, 3x a day
Days Per Week: Daily

