

SHOULDER FLEXION AAROM - SUPINE - CANE



Lying on your back and holding a wand or cane, slowly raise the wand towards overhead. Use your unaffected arm to assist with the movement.



Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



SIDE LYING INTERNAL ROTATION STRETCH - IR SLEEPER STRETCH

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed for an inward stretch.



Hold, relax and repeat.

Video # VVYZR3QLL

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



WAND EXTERNAL ROTATION - SUPINE ER

Lie on your back holding a cane or wand with both hands.

On the affected side, place a small rolled up towel or pillow under your elbow. Maintain approx. 90 degree bend at the elbow with your arm approximately 30-45 degrees away from your side.



Use your other arm to pull the wand/cane to rotate the affected arm back into a stretch. Hold and then return to starting position and then repeat.

Video # VVNFCPQE2

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jam and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Video # VVXV7ZRP4

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



Posterior Glenohumeral Capsule Stretch

Put your shoulder diagonally against the wall. Using your other hand, keep the arm you are stretching straight and bring that arm towards your chest. You should feel this stretch in the back of your shoulder. Stretch for 30 seconds, and then switch sides. Repeat.

Hold 30 Seconds
Complete 3 Sets
Perform 1 Times a Day



Pec Stretch (Lower Grasp)

Grasp both sides of the door as shown. Slowly step through the doorway until a stretch is felt near the front of each shoulder (Indicated by the green dots).

To release stretch, step back out of doorway.

Hold 20 Seconds
Complete 3 Sets
Perform 2 Times a Day



SHOULDER EXTENSION AAROM / STRETCH - WAND EXTENSION - STANDING

In the standing position and holding a wand/cane, use the unaffected arm to help push the affected arm back as shown.

The elbow should remain straight the entire time.

Video # VV7879U2H

Repeat 1 Time
Hold 10 Seconds
Complete 3 Sets
Perform 1 Times a Day



CHEST STRETCH FOAM ROLLER - T

Lie down on a foam roll and allow your arms to drop towards the floor with your elbows straight as shown.

Hold for a gentle stretch across your chest.

Video # VV7K4XU5P

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



WALL EXTERNAL ROTATION STRETCH - ER

Place your affected hand on the wall with the elbow bent and gently turn your body the opposite direction until a stretch is felt.

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day



Pec/Bicep Stretch

Place your hand against a wall or pole with your elbow straight. Rotate your body away from your hand/the wall until you feel a stretch across the front of your chest and/or down your arm into your bicep.

Hold 30 Minutes
Complete 3 Sets



Rhomboid Doorway Stretch

In a doorway with a frame, anchor your hands in a cross-over manner so your right hand is on the left of the door frame and your left hand is on the right of the door frame. Then push your upper back backwards, tucking your head gently to achieve a stretch in the neck and upper back.

Repeat 3 Times
Hold 20 Seconds
Perform 2 Times a Day



Wall angeles

Start with your back to the wall and arms in the field goal position as seen in photo. Bend knees slightly and tilt pelvis backward to flatten out the back as much as possible. Maintain a chin tuck, trying to touch the back of your neck to the wall. Maintain this position throughout exercise. Slowly move arms overhead as far as you can while maintaining contact to the wall with your wrist and elbows. Slowly return to starting position.

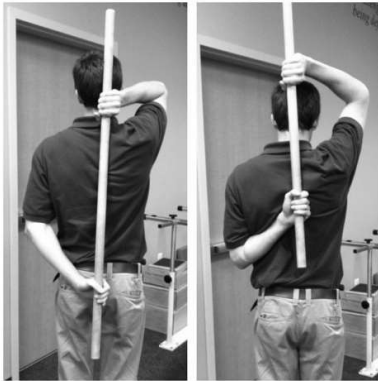
Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 3 Times a Day



Pec minor stretch

While standing tall, place your hands behind your back with interlocking hands. Roll your shoulders back and squeeze your shoulder blades together to feel a moderate stretch across the front of your chest and shoulders

Repeat 3 Times
Hold 30 Seconds
Perform 2 Times a Day



Internal Rotation Stretch with Stick

Put the stick behind your back, with the uninvolved arm holding the top of the stick and thumb facing the ground. Bend involved arm behind your back and grab the bottom of the stick (thumb facing the ceiling). Using uninvolved arm, pull the stick towards the ceiling, pulling the involved arm up into a stretch.

Hold 20 Seconds
Complete 3 Sets



TABLE SLIDE - ABDUCTION BALL

While Standing rest your injured arm on top of a ball on a table and gently roll it to the side and back.

Video # VVMQ449HC

Repeat 1 Time
Hold 15 Seconds
Complete 3 Sets
Perform 1 Times a Day



TRICEPS STRETCH

Hold involved arm overhead with elbow bent. Grasp elbow and pull toward head. Hold ____ seconds; relax; repeat.

Hold 20 Seconds
Complete 3 Sets



Anterior/Med Scalene Stretch

Pull your head to the side with one arm while the other arm stays in a relaxed position by your side.

Next look towards the ceiling while you are continuing to pull with one hand.

Finally, apply a chin tuck to the final position for the final stretch.

Hold 20 Seconds
Complete 3 Sets
Perform 2 Times a Day



Doorway Lat Stretch

Stand in or next to a doorjamb. Hold onto the doorjamb with your finger tips, and sidebend your body to feel a stretch through your shoulder and ribs. Keep your body squared up to the front (try not to rotate your torso).

Hold 25 Seconds
Complete 3 Sets