

Shoulder stretching-1

General Instructions: These are good exercises to warm up with before doing any strengthening exercises. Go only to the stretch, not to pain.

Biceps / Pectoralis Stretch

Grasp hands behind back, then slowly raise and straighten arms as you squeeze shoulder blades together.



Hold 10 seconds.
Repeat 5 time(s).
Do 1 session(s) per day.

Shoulder Accessory ROM, Inferior Glide (2)

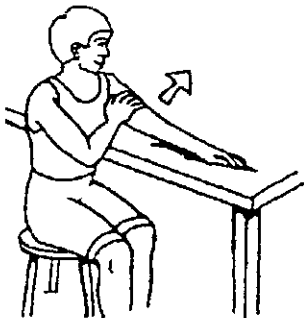
With firm pillow or rolled towel under your arm as shown, gently pull arm downward and across body until a stretch is felt in shoulder.



Hold 10 seconds. Relax.
Repeat 5 time(s).
Do 1 session(s) per day.

Shoulder Accessory ROM, Lateral Glide

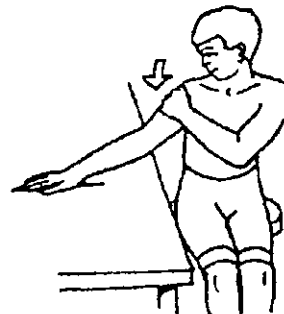
With forearm and elbow resting on table in front of you, as shown, gently push the upper arm outward with the opposite hand.



Hold 10 seconds. Relax.
Repeat 5 time(s).
Do 1 session(s) per day.

Shoulder Accessory ROM, Inferior Glide in Abduction

With arm resting on table as shown, gently push upper arm downward with the opposite hand.



Hold 5 seconds. Relax.
Repeat 5 time(s).
Do 1 session(s) per day.

Shoulder Joint Posterior Capsule Stretch

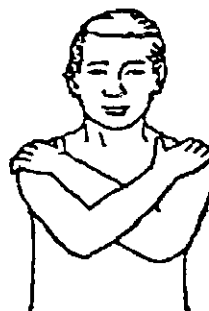
Gently pull elbow of involved shoulder over chest with opposite hand as shown until a stretch is felt in shoulder.



Hold 10 seconds.
Repeat 5 time(s).
Do 1 session(s) per day.

Rhomboid Stretch

Begin with good, upright posture. Grasp each shoulder with the opposite hand and gently pull shoulders forward and down until a stretch is felt between the shoulder blades. To increase the stretch further, gently bend your head and neck forward.



Hold 10 seconds. Relax.
Repeat 5 time(s).
Do 1 session(s) per day.

Shoulder stretching-1

General Instructions: These are good exercises to warm up with before doing any strengthening exercises. Go only to the stretch, not to pain.

Pectoralis Stretch in Doorway

With arms positioned in doorway as shown, gently lean forward until a stretch is felt in the chest and shoulders.



Hold 10 seconds.
Repeat 5 time(s).
Do 1 session(s) per day.