

Shoulder Stretching Program

Do **5 repetitions** of each stretch **3 times per day**. When you feel a slight 'tightness' with your arm in the position diagrammed, **hold that position for 30 seconds**.

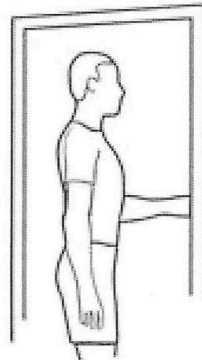
Standing wall stretch – Flexion

Slide arm up wall with your thumb toward you. Gain more motion by slowly moving closer to the wall.

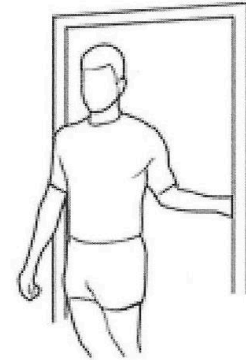


Doorway stretch – External Rotation

Stand in doorway with palm against doorframe and elbow bent at 90 degrees. Turn body away from hand/doorway until stretch is felt.



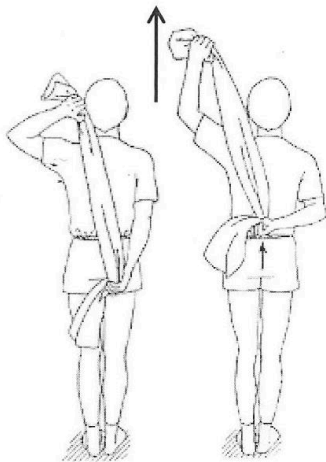
Start



Finish

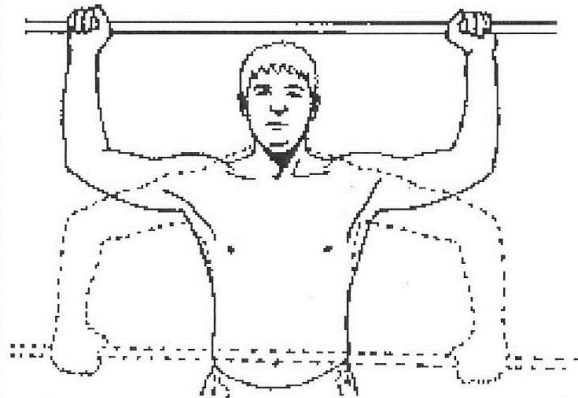
Towel stretch – Internal Rotation

Pull involved arm up behind back by pulling towel upward with uninvolved arm.



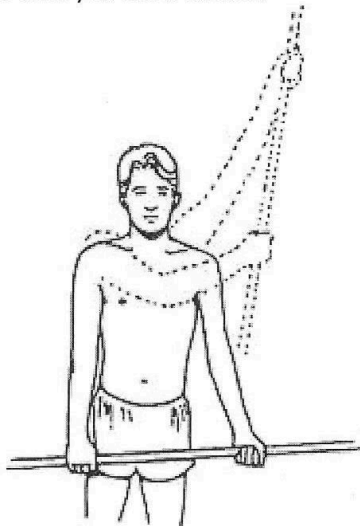
Cane stretch – External/Internal Rotation

Hold cane in both hands, about shoulder width apart. Rotate shoulders to move cane upward toward/over your head then move downward toward your waist.



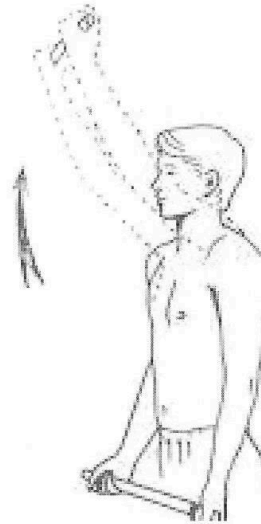
Cane stretch – Abduction

Hold cane in involved hand with palm up. Grasp the cane with the non-involved hand and use the non-involved hand to 'push' the involved arm up and out to the side until you feel a stretch.



Cane stretch – Flexion

Hold cane with both hands, palms up, approximately shoulder width apart. Swing the cane up, using your uninjured side to 'lead' the injured side.



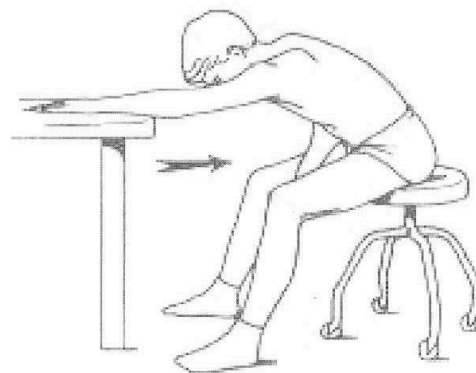
Cane stretch – Internal/External Rotation

Hold cane in involved side palm up; grasp the cane with the uninjured hand. While keeping your elbows bent and against your side, push the cane with your uninjured side so your arm rotates out away from your body, then pull the cane back so your involved hand rotates toward your stomach.



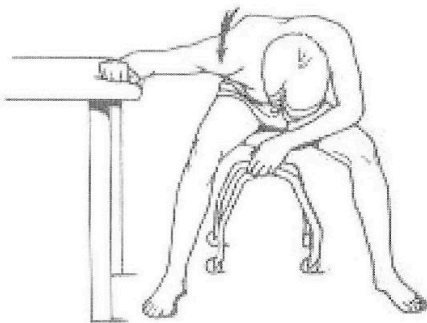
Seated Flexion

Sit upright in a chair, facing a table/counter. Slide hand and forearm forward along the counter as you bend forward at the waist. Placing a towel under your hand may assist with sliding along the table/counter.



Seated External Rotation

Sit with the table/counter to your affected side. Place forearm on the table/counter with elbow bent and your palm down. Bend forward at the waist until a stretch is felt and hold.



Seated Abduction

Sit with table/counter to your affected side. Place hand and forearm on the table with your elbow straight. Lean over to the side so your head moves toward the table while your trunk moves away from the table.



Posterior capsule (back of shoulder) stretch – the 90/90/90 stretch

Lie on the involved side with your arm positioned away from your body, ideally at a 90° angle from your body. Bend your elbow so your forearm and upper arm are at a 90° angle. Use other hand to **GENTLY** push your affected arm toward the surface you are lying on.

