

## SHOULDER STRETCHES

### Corner Stretch

- Stand in a corner with hands just above shoulder level and feet about 15 inches from the corner. Lean forward until stretch is felt across chest.
- **Hold 10-15 seconds. Repeat 5-6 times.**
- Also try other positions as photographed.



### Posterior Capsule Stretch

- Gently push on the outside of your elbow so your arm is crossing your chest. Push until a stretch is felt in the back of the upper arm and shoulder.
- **Hold 10-15 seconds. Repeat 5-6 times.**

### Doorway Stretch

- Stand in a doorway or hallway corner with a hand on the wall for support. Bend elbow to 90 degrees. Gently lean away from the stretch until front of the shoulder is stretching. This exercise can also be performed with elbow extended straight.
- **Hold for 10-15 seconds. Repeat 5-6 times.**



### Sleeper Stretch

- Lie on the affected side with elbow bent to 90 degrees and shoulder bent about 90 degrees. Apply overpressure to the wrist and forearm until the shoulder rotators are stretching.
- **Hold for about 3 minutes. Repeat twice a day.**