

Doorway Pec Stretch at 90 Degrees Abduction

REPS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position in the center of a doorway.

Movement

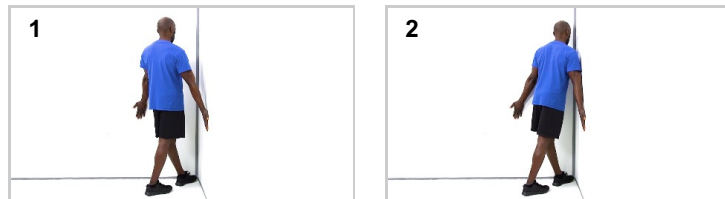
With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Corner Pec Minor Stretch

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position facing a corner. Keeping your arms straight, place your forearms flat on the wall on each side of the corner.

Movement

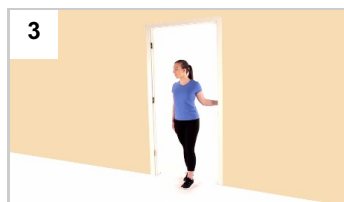
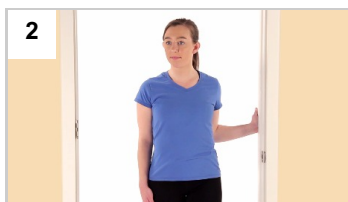
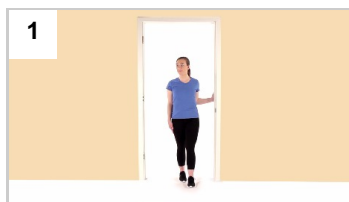
Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

Standing Shoulder External Rotation Stretch in Doorway

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbow bent, place your hand on the side of the doorway. Take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

Standing Shoulder and Trunk Flexion at Table

REPS: 10	SETS: 1	HOLD: 10	DAILY: 1
WEEKLY: 7			



Setup

Begin in a standing upright position with your hands resting on a table.

Movement

Slowly walk backward and bend forward at your hips, keeping your hands on the table and arms straight. Stop when you feel a stretch in your shoulders, then return to the starting position and repeat.

Tip

Make sure to only move in a pain-free range of motion during the exercise.

Seated Shoulder Abduction Towel Slide at Table Top

REPS: 10	SETS: 1	HOLD: 10	DAILY: 1
WEEKLY: 7			



Setup

Begin sitting to the side of a table with your hand resting flat on a towel.

Movement

Slowly bend sideways, pushing the towel out to the side across the table. Return to the starting position and repeat.

Tip

Try to avoid shrugging your shoulder during the exercise and keep your movements slow and pain-free.

Supine Shoulder Flexion with Dowel

REPS: 10	SETS: 1	HOLD: 10	DAILY: 2
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Setup

Begin lying on your back with your knees bent and both hands holding a dowel rod.

Movement

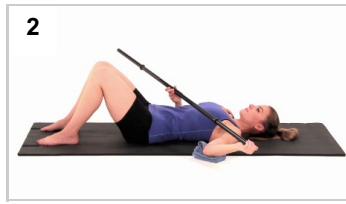
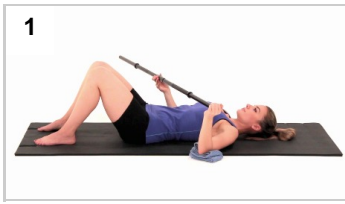
Keeping your elbows straight, lift your arms straight up overhead as far as is comfortably possible.

Tip

Make sure to keep your shoulders in contact with the floor and do not let your back arch during the exercise.

Supine Shoulder External Rotation in 45 Degrees Abduction AAROM with Dowel

REPS: 10	SETS: 1	HOLD: 10	DAILY: 2
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Setup

Begin lying on your back holding a dowel in both hands, with your involved arm out to your side at 45 degree angle and your elbow bent at 90 degrees, holding the end of the dowel.

Movement

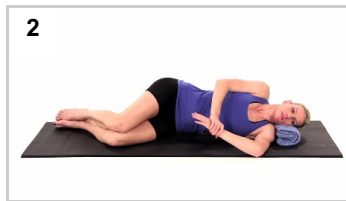
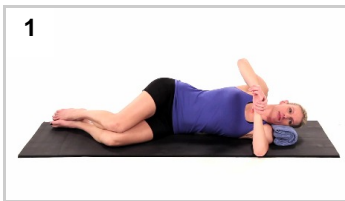
Rotate your involved arm down toward the floor then bring it back to the starting position and repeat. You should be using your uninjured arm to create the movement with the dowel.

Tip

Make sure to keep your elbow bent throughout the movement, and keep your back flat on the floor.

Sleeper Stretch

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

Movement

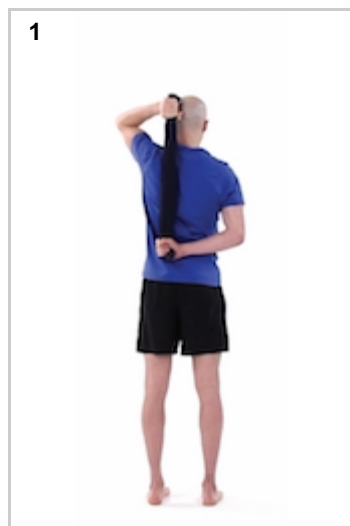
With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

Tip

Make sure not to let your body roll forward or backward during the exercise.

Standing Shoulder Internal Rotation Stretch with Towel

REPS: 5	SETS: 1	HOLD: 10	DAILY: 2
WEEKLY: 7			



Setup

Begin in a standing position, holding both ends of a towel in each hand, with one arm behind your head and the other behind your mid to low back.

Movement

Slowly straighten your upper arm, gently pulling upward on the towel, and hold when you feel a stretch.

Tip

Make sure to keep your back straight during the exercise.