

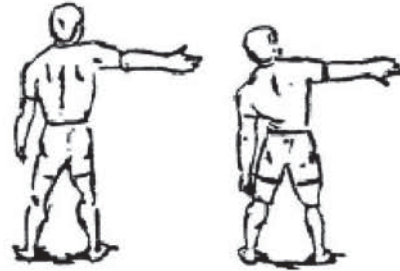
SHOULDER AND ARM STRETCHES

GENERAL STRETCHING INSTRUCTIONS

- Relax in a comfortable position.
- Stretch Slowly.
- Stretch in a NO PAIN range of motion.
- Do 2-3 repetitions of each, holding 3-5 seconds
- Stretch every 1-1.5 hours – FREQUENCY IS THE KEY!
- STRETCH BOTH SIDES

NOTES: _____

1. COMBINED SHOULDER – UPPER ARM



- Arm held at shoulder height, palm up.
- Rotate palm forward at shoulder to position palm up in opposite direction.

2. ANTERIOR DELTOID



- Grasp arm at wrist and gently pull across the body at waist level.

3. POSTERIOR DELTOID



- Grasp opposite arm just above elbow
- Keeping arm straight, pull arm across body at chest level

4. BICEPS



- Grasp door jamb in THUMB DOWN position
- Elbow straight and shoulder rotated backwards
- Rotate body away from the affected side

5. TRICEP



- Reach arm overhead, palm facing backward
- Bend at elbow and place hand on shoulder
- Keep elbow in close to the side of the head
- With the opposite hand, pull the elbow backwards

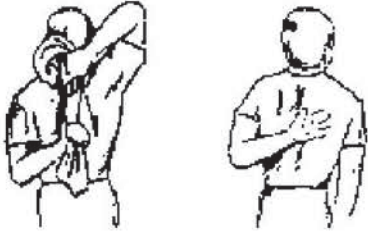
6. LATISSIMUS



- Lace fingers and reach palms upward

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7. ROTATOR CUFF



- Grasp towel (sore arm at bottom)
- Use top arm to passively lift bottom arm upward
- Repeat action without towel by reaching up with the bottom arm

8. ROTATOR CUFF



- Bring hand and forearm behind (not above) the head
- Slide hand as far around the head as possible. Trying to cover the mouth.

9. FOREARM - FINGER FLEXORS



- Supporting the arm with the elbow straight
- Palm up – bend the hand down at the wrist



- Repeat, bending each finger down separately

10. FOREARM - FINGER EXTENSORS



- Support the arm with the elbow straight
- Palm Down – bend the hand downward at the wrist



- Repeat with bending the middle finger into the palm, then bending the wrist downward