

SHOULDER STRETCHES

1. Sleeper stretch to stretch the posterior capsule



Posterior capsule "Sleeper stretch"



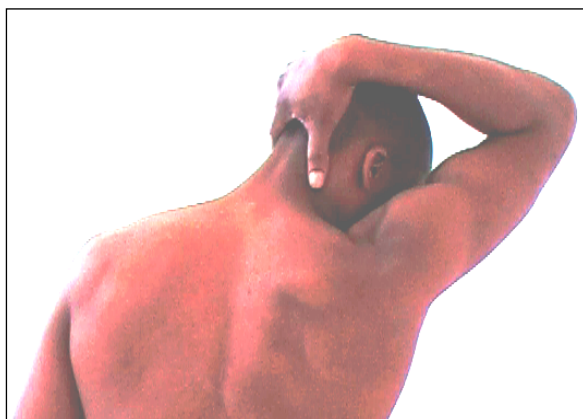
Ensure you are lying ON the shoulder

Hold the stretch for 30-40 sec's

Repeat all stretches 3 X 's, 4 X's /
day if you are trying to increase
your flexibility

Stretch into discomfort, not pain.
TEASE it out.

2. Levator scapulae stretch



"smelling your armpit" i.e.
nose away from the injured
arm.

Feel the stretch in your
neck and going down to
your shoulder blade on
your affected side. Hold 30
seconds.

3. Pectoralis major and minor stretch



Stand facing in to the doorway with hands on the door frame either overhead or with elbows at the same level as shoulders. Lean forwards keeping shoulder blade tucked down and in to the chest. Hold for 30 seconds. Feel the stretch at the front of the chest.

3. Latissimus Dorsi stretch



Latissimus dorsi stretch

Kneel on the floor with support through your forearms. Keep your arms together from elbow to wrists and turn your palms up wards. Take your hips backwards towards your feet without lifting your arms. You should feel the stretch in your armpit area

4. Rhomboids



Clown stretch



Hairy arm up stretch

Feel the stretch on the mid back between the shoulder blades. You can also wrap your arms underneath your legs and hold onto your elbows. Then pull your breastbone away from your thighs.