DELAWARE ORTHOPAEDIC SPECIALISTS

Shoulder Stretching Exercises

Shoulder Shrugs with Backward Retraction

Raise shoulders upward towards ears, and then roll backwards and around as far as you can. Motion simulates a drawing of a backwards "D" and should be performed in a slow controlled manner. Then return back to starting position. Perform 15 times. Repeat at least 2-3 times per day.



PROM Shoulder Flexion Supine

Lie on your back. Grab wrist of the injured arm with the hand of your good arm. Gently raise arm upward and in front, through range of motion. DO NOT let your elbow bend. Slowly, return to the starting position and repeat. Hold for 10 seconds and perform 10 times. Repeat 3 times per day.



Stretch Shoulder Flexion with Trunk Bending

Sit at table, with table in front of you. Place arm on table with elbow straight, slowly bend trunk downward. Your arm will slide forward on table should feel stretch in shoulder. Hold for 10 seconds and perform 10 times. Repeat 3 times per day.

*Do not force past comfort range – only pull until you feel a slight stretch along the arm.

*Can place a towel under the hand to help slide.

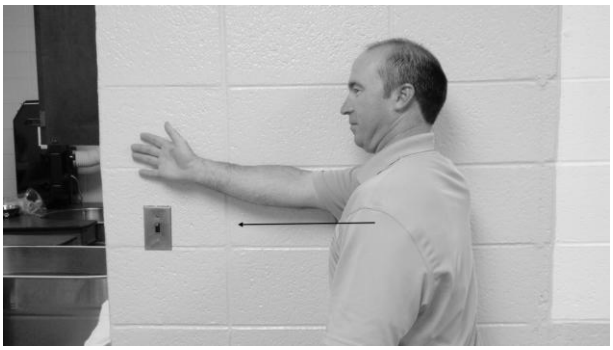


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Crossover Stretch

Stand with your back against the wall, injured arm out to the side and palm facing out. Roll chest over your arm, keeping shoulder against the wall. Only go as far as to feeling a slight pull in the back of the shoulder. Hold 10 seconds. Repeat 3 times. Perform 2-3 times a day.



Sleeper Stretch

Lay on your injured with shoulder raised 90 degrees and elbow bent 90 degrees. Place the hand of your good arm just below the wrist of your bad arm (closer to your elbow vs. near the hand). Slowly push arm down towards the table until you feel a slight pull/stretch in the back of the shoulder. Hold 20-30 seconds and repeat 3 times. Perform 2-3 times a day.

*make sure to lie completely on your side, do not roll backwards

*if more stretch is needed can place chin on shoulder



Doorway Stretch

Standing in the doorway reach arms out and lean forward to until you feel a slight stretch across the chest. You want to have your forearms flat against the door frame. Hold 20-30 seconds, repeat 3 times. Perform 2-3 times a day.

*it is okay to perform one arm at a time to ensure proper body positioning. If you do, use a staggered stance position where one foot is in front of the other



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Abduction Sitting

Sit with side next to table, place forearm on table with palm up as shown. Gently side bend at waist, moving hips away form table and chest toward the table. Hold for 10 seconds and perform 10 times. Repeat 3 times per day.

*Do not force past comfort range – only pull until you feel a slight stretch along the arm.

*Can place a towel under the hand to help slide



Cradle Rock

Hold arms in front of body, cradling the injured arm with good arm. Gently rock arms back and forth using the good arm. Hold for 5 sec. Perform 15 times. Repeat 2-3 times per day.



Pendulum Swings (Circles)

Lean over table as shown, supported by your good arm. Allow the injured arm to hang freely. Use trunk movement to swing in a circular motion. Your arm should continue to swing freely with this performance, DO NOT tighten muscle/stiffen arm to perform. Clockwise and counter clockwise. Perform 20 times in each direction. Repeat 2-3 times per day.



Pendulum Swings (Back and Forth)

Lean over table as shown, supported by your good arm. Allow the injured arm to hang freely. Use trunk movement to swing side to side and forwards/backwards. Your arm should continue to swing freely with this performance, DO NOT tighten muscle/stiffen arm to perform. Perform 20 times in each direction. Repeat 2-3 times per day.

