

SHOULDER STRETCHING PROTOCOL

The shoulder thrives on motion. A stiff shoulder is a painful shoulder. Stretching allows for motion and relieves stiffness.

Stretch all directions (4 quadrants) of the shoulder, 5 times a day.

Hold each stretch for at least 30 seconds.

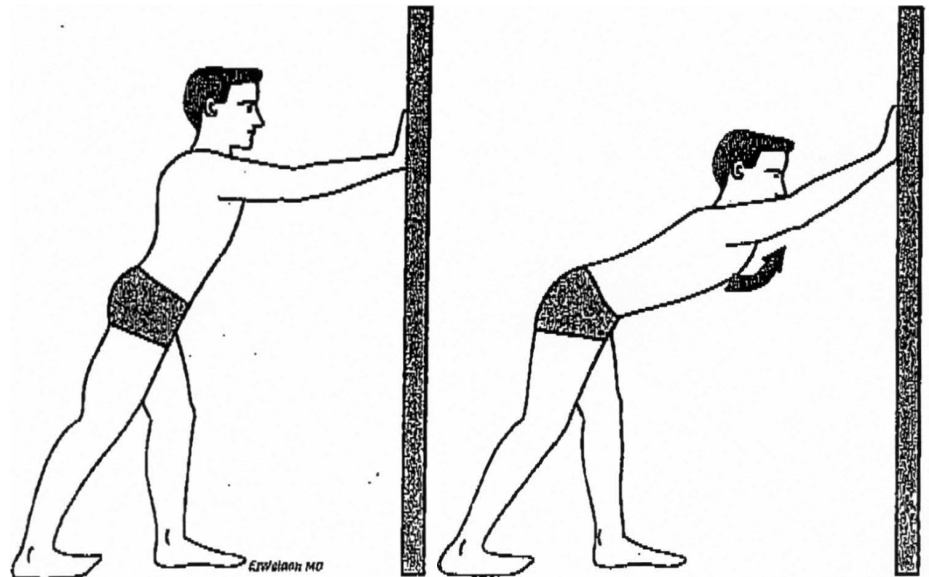
You should feel your shoulder stretching.

If stretching does not cause you pain that lasts at least 5 minutes, then you have not stretched hard enough.

If stretching causes pain which lasts longer than 15 minutes, then you have stretched too hard.

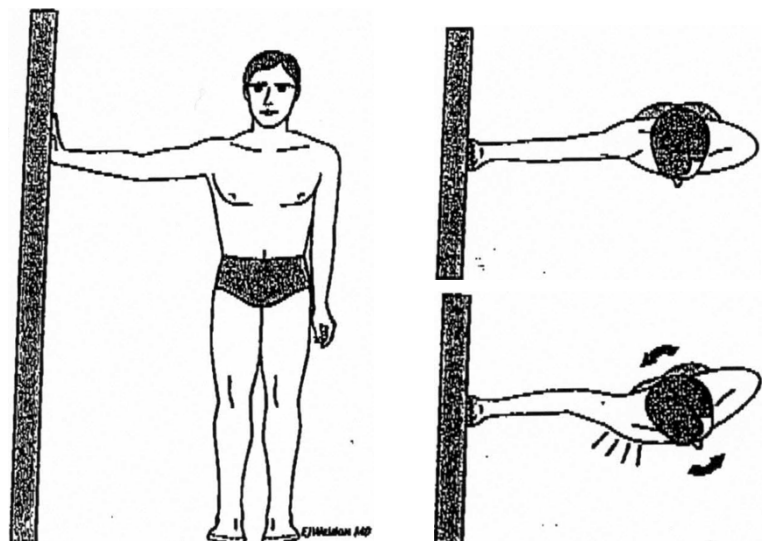
Stretch 1: Forward elevation: anterior/inferior

Press hand-on wall as high as you can reach. Keep hand on wall and step away from wall. Slowly bend at the waist for stretch.



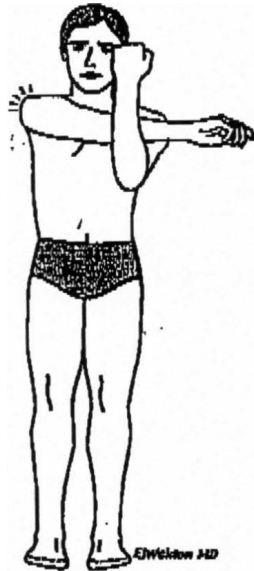
Stretch 2: Abduction/extension; Anterior capsule

Place hand on wall at shoulder level. Gently rotate away from wall.



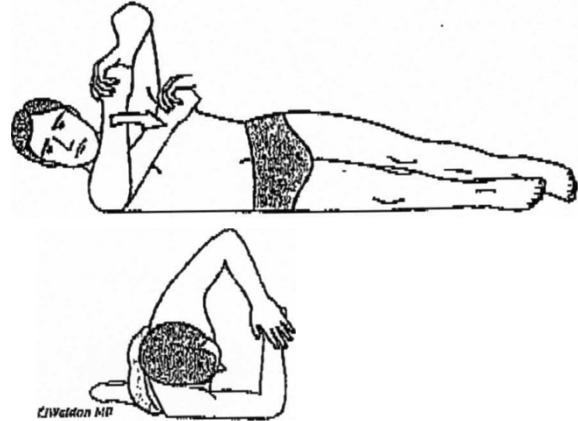
Stretch 3: Abduction/flexion; Posterior capsule

Cradle stiff arm *in* opposite elbow. Gently pull stiff arm toward your body.



Stretch 4: Abduction/internal rotation; posterior/inferior capsule

Lay on affected shoulder. Extend arm straight out from body. Gently push affected hand toward floor.



Stretch 5: Adduction/internal rotation; posterior/superior capsule

Place affected hand behind back. Grab stick or towel held by unaffected hand. Gently extend unaffected hand upwards

