



Notes :

Consult with your doctor before attempting any of these exercises.

As with all stretches, you should not stretch to the point of intense pain! A tolerable amount of discomfort should be more than sufficient. You do not want to pull (or tear) your muscles, or be very sore the next day.

1 Horizontal adduction stretch



Sets: 1 Reps: 5 Freq: 2-3x/day Hold: 10s

Start with an arm in front of you with and an elbow bent at 90°.

Use your free hand and apply pressure on the outside of the elbow in order to bring the arm across your body.

You should feel a stretch behind your shoulder. Hold the position for the prescribed time.

2 Shoulder abd. stretch



Sets: 1 Reps: 5 Freq: 2-3x/day Hold: 10s

Stand beside a wall, raise your elbow up to the side as high as you can and push it against the wall to increase the movement of your arm towards your ear.

Maintain the position and relax.

If your arm touches your ear, bend your elbow to increase the stretch.

3 Supraspinatus PNF stretch



Sets: 1 Reps: 5 Freq: 2-3x/day Hold: 10s

Place the arm that you want to stretch behind your back while keeping your shoulders square.

Grasp your wrist with the opposite hand.

Try to slide your arm across your back against the resistance of your arm holding your wrist (isometric contraction).

Next, exhale and gently pull the stretched arm further across your back to stretch the top of your shoulder.

Repeat.