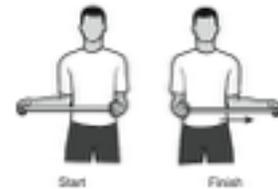


## Shoulder Stretches

1. **Pendulum**- Lean forward and place one hand on a counter or table for support. Let your other arm hang freely at your side. Act as if a clock is on the ground. Gently swing your arm forward and back (12-6 o'clock). Repeat the exercise moving your arm side-to-side (3-9 o'clock), and repeat again in a circular motion (around the clock). Perform each direction 20 times.
2. **External rotation**- Grasp a broom stick, golf club or cane with the unaffected arm and cup the other end of the stick with the affected arm. Keep the elbow of the shoulder you are stretching against the side of your body and push the stick horizontally as shown to the point of feeling a pull without pain. Hold for 10 count and then relax for 30 second repeating 10-15 times.
3. **Sleeper Stretch**- (Internal rotation)- Lie on your side on a firm, flat surface with the affected shoulder under you and your arm bent, as shown. You can place your head on a pillow for comfort, if needed. Use your unaffected arm to push your other arm down. Stop pressing down when you feel a stretch in the back of your affected shoulder. Hold this position for 10 count, then relax your arm for 30 seconds repeating 10-15 times.
4. **Forward elevation** - Again with a broom stick, golf club or cane, held with an overhand grip, shoulder width apart. Elevate the unaffected arm while allowing the affected arm to passively elevate until you feel a stretch in your armpit of the affected shoulder. Hold for a count of 10, then relax your arm for 30 seconds and repeat 10-15 times.
5. **Internal Rotation Behind-the-back stretch**- Place the hand of the affected arm behind your back at the waistline. Use your opposite hand or stick or towel as depicted to help lift the other hand toward the shoulder blade of the opposite shoulder- hold this position for 10 count and repeat 10-15
6. **External rotation in corner/doorway**- Standing facing a corner or in a doorway, position the arms as illustrated with the elbows at shoulder level. Lean your body gently forward toward the corner until a stretch is felt. Hold for a 10 count and release the rotation and then repeat 10-15 times.
7. **Cross Arm**- Horizontal Adduction- Reach across the chest as if to bring the elbow toward the opposite shoulder. Grasp the elbow and pull gently in that direction. Hold this position for 10 count and repeat 10-15 times



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8. Overhead stretches- Stretch the arms overhead as shown in the illustration. Hold this position for 10 count and repeat 10-15 times.

9. Lateral Shoulder and Triceps Stretch- Place the forearm behind the head. With the opposite hand, grasp the elbow and pull the arm back behind the ear. Hold this position for 10 count and repeat 10-15 times.

10. Chest Stretch in Doorway - Stand near a doorway. With the palm facing outward, grasp the edge of the doorway with one arm. Keeping the elbows straight, lean gently forward and rotate your body away from the arm. Hold this position for 10 count and repeat 10-15 times

11. Lateral Neck and Upper Trapezius Stretch - Grasp the right arm with the left hand and pull down and to the left. While maintaining arm position, tilt head to the left and hold 10-15 seconds. Also stretch the head to the left while letting the chin drop toward the chest. Alternate sides.

