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Posterior Shoulder Stretching Program

Complete __ sets of __ repetitions __ times a day.



***Bring involved arm across in front of body as shown.**
***Hold elbow with other arm.**
***Gently flex the bent arm which will pull the other arm across chest until a stretch is felt in the back of shoulder.**



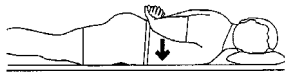
***Lie on your side on a flat surface.**
***Bring involved arm across in front of body as shown.**
***Push down on hand toward table.**
***Gently pull across chest until a stretch is felt in the back of shoulder.**



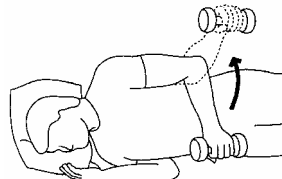
***Raise involved arm over and behind head, elbow bent.**
***Grasp elbow or wrist of involved arm with uninvolved arm.**
***Pull gently.**



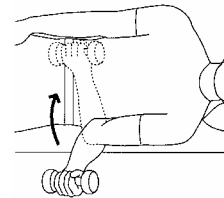
***Hold involved arm over shoulder with towel as shown.**
***Grasp towel with uninvolved arm.**
***Slowly pull downward with uninvolved arm until a gentle stretch is felt, in back of shoulder.**



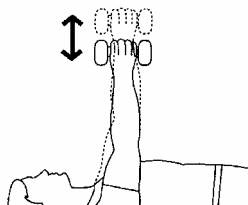
***Lie face down, place hand behind back as far as possible.**
***Try to relax into stretch.**
***A small pillow may be placed between upper arm and floor, to make stretch less intense.**



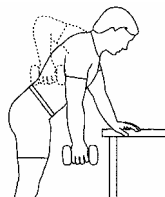
***Lie on involved side, elbow bent at 90 degrees, arm at side.**
***With or without weight, pull hand inward across body, as shown.**



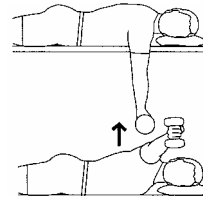
***Lie on involved side, elbow bent at 90 degrees, arm at side.**
***With or without weight, pull hand inward across body, as shown.**



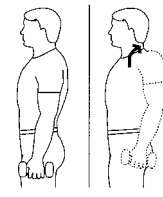
***Lie on back, arm straight and extended.**
***Move arm up toward ceiling as far as possible as shown.**



***Slightly bend hips and knees and support upper body with other arm as shown.**
***Lift arm up, raising elbow to shoulder height.**



***Lie face down, arms down and thumbs upward.**
***Raise arms and hands to shoulder height, keeping elbows straight and squeezing shoulder blades together.**



***Stand with arms at side, with or without weight.**
***Raise shoulders upward towards ears, and roll backwards.**