

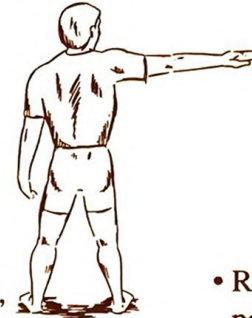
SHOULDER & ARM STRETCHING INSTRUCTIONS

GENERAL STRETCHING INSTRUCTIONS

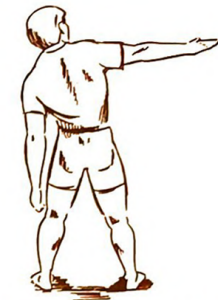
- Relax in a comfortable position
- Stretch **SLOWLY**
- Stretch in a **NO PAIN** range of motion
- Do 2-3 repetitions of each, holding 3-5 seconds
- Stretch every 1-1 1/2 hours - **FREQUENCY IS THE KEY!**
- **STRETCH BOTH SIDES**

NOTES: _____

1. COMBINED SHOULDER-UPPER ARM



- Arm held at shoulder height, palm up



- Rotate arm forward at shoulder to position palm up in the opposite direction

2. ANTERIOR DELTOID



- Grasp arm at wrist and gently pull across the body at waist level

3. POSTERIOR DELTOID



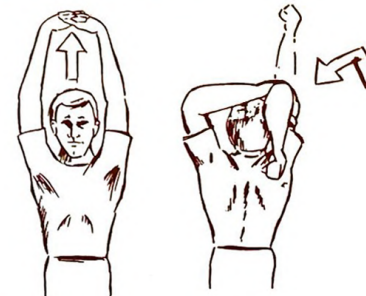
- Grasp opposite arm just above elbow
- Keeping arm straight pull arm across body at chest level

4. BICEPS



- Grasp door jamb in a **THUMB DOWN** position
- Elbow straight and shoulder rotated backward
- Rotate body away from the affected side

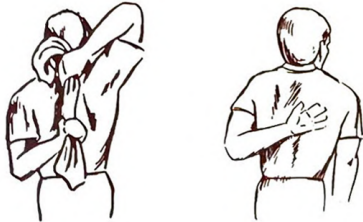
5. TRICEPS, LATISSIMUS



- Lace fingers
- Reach arms forward and upward to overhead position
- Reach arm straight over head with the palm facing backward
- Bend at elbow and place hand on shoulder
- Keep elbow in close to the side of the head
- With the opposite hand pull the elbow backward

SHOULDER & ARM STRETCHING INSTRUCTIONS

6. ROTATOR CUFF



- Grasp towel (sore arm at bottom)
- Use top arm to passively lift bottom arm upward
- Repeat reach upward without towel

7. ROTATOR CUFF



- Bring hand and forearm behind (not above) the head
- Slide hand as far around head as possible trying to cover the mouth

8. FOREARM-FINGER FLEXORS



- Supporting the arm with the elbow straight
- Palm up - bend the hand down at the wrist



- Repeat bending each finger down separately

9. FOREARM-FINGER EXTENSORS



- Support the arm with the elbow straight
- Palm down - bend the hand downward at the wrist



- Repeat with tucking the middle finger into the palm, then bending the wrist downward