

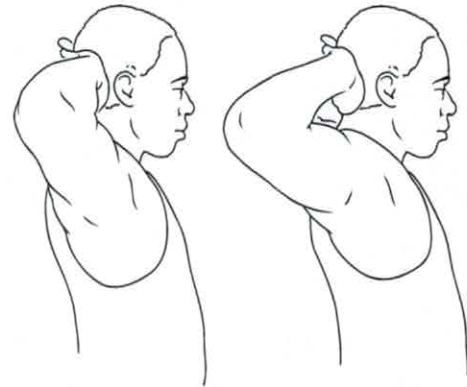
SHOULDER - 48 Flexors Stretch, Standing

Stand near wall and slide arm, with palm facing away from wall, up by leaning toward wall. Hold 5 seconds.



Repeat 10 times per session.  
Do 2 sessions per day.

SHOULDER - 15 Internal Rotator Cuff Stretch, Standing



Stand, hands clasped behind head. Pull elbows back as far as possible. Hold 10 seconds.

Repeat 5 times per session. Do 2 sessions per day.

SHOULDER - 7 External Rotator Cuff Stretch, Standing

Stand, one hand behind neck, elbow out to side. Lift elbow. Hold 3-5 seconds.



Repeat 5 times per session.  
Do 2 sessions per day.

SHOULDER - 22 Anterior Capsule Stretch, Standing

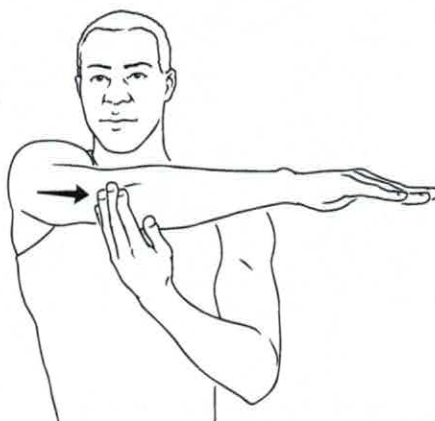
Stand, hands clasped behind back. Raise arms backward and upward as far as possible. Hold 10 seconds.



Repeat 5 times per session.  
Do 2 sessions per day.

SHOULDER - 27 Posterior Capsule Stretch (Passive)

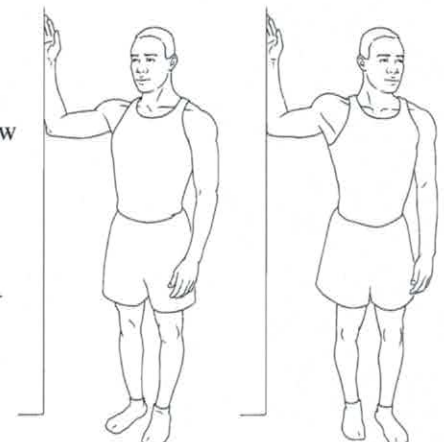
Stand or sit holding under one elbow with opposite hand. Pull arm across chest. Hold 10 seconds.



Repeat 5 times per session.  
Do 2 sessions per day.

SHOULDER - 9 External Rotator Cuff Stretch, Standing

Stand, palm against door frame and elbow bent at 90°. Turn body away from fixed hand allowing shoulder to come forward. Hold 10 seconds.



Repeat 5 times per session.  
Do 2 sessions per day.

## Shoulder Mobility – General Precautions

**For all exercises, please ensure that you are standing next to a firm or stable object (i.e. your kitchen counter) in case you need something to hold on to for balance or to assist you in standing up.**

- 1) If you have shoulder pain (rotator cuff pain, replaced shoulder, etc.) avoid this exercise. General tightness is to be expected. Start with your hand on the wall at shoulder height, slide your hand up the wall slowly until you feel the stretch. Hold in this position for 5 seconds and then slide your hand back down to starting position.
- 2) Make sure to exhale as you try to bring your elbows back. Try to keep your head up, attention forward, as you perform this exercise.
- 3) If you have shoulder pain (rotator cuff pain, replaced shoulder, etc.) avoid this exercise. The goal is to point the elbow toward the ceiling.
- 4) Maintain an upright position during this exercise. Pull the shoulders back and try to get your arms straight if possible. Only lift your (straight) arms if you have no discomfort.
- 5) Make sure to grab above or below the elbow joint. Hold on to a long bone in the arm, not the joint itself. Don't rotate your shoulders as you pull your arm across your body.
- 6) To make this exercise harder, you can perform it with a straight arm. Hold the door frame with your hand, arm straight, and turn your body away from the fixed hand.

As always, if you feel any pain STOP!