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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 uninvolvement arm.
- *Pull gently.



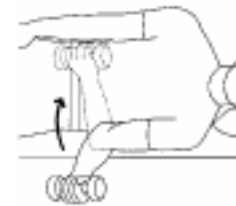
- *Hold involved arm over shoulder with towel as shown.
- *Grasp towel with uninvolvement arm.
- *Slowly pull downward with uninvolvement arm until a gentle stretch is felt, in back of shoulder.



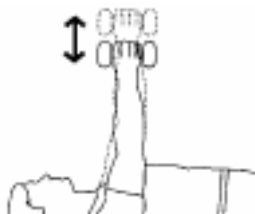
- *Lie face down, place hand behind back as far as possible.
- *Try to relax into stretch.
- *A small pillow may be placed between upper arm and floor, to make stretch less intense.



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



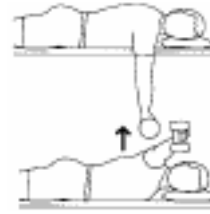
- *Lie on involved side, elbow bent at 90 degrees, arm at side.
- *With or without weight, pull hand inward across body, as shown.



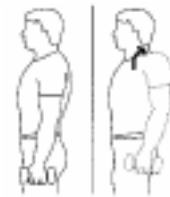
- *Lie on back, arm straight and extended.
- *Move arm up toward ceiling as far as possible as shown.



- *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.