



obermeyermd.com

O: 847-285-4318

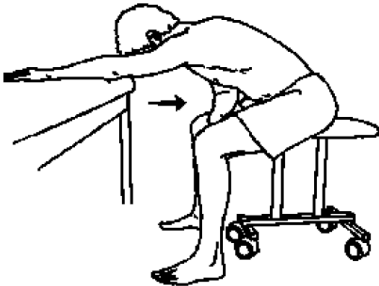
F: 847-885-0130

## Self-Directed Home Exercise Program Shoulder Stretches

**Introduction:** This is a home exercise program based on increasing the *terminal limits* of motion in the shoulder. The tissue around the joint (capsule) is contracted and noncompliant and these stretches work to normalize joint motion. You should stretch the shoulder to the point of *discomfort* and not *frank pain*. Mild soreness during the stretch is acceptable and means you are pushing at the correct position and force. Pain that lingers or persists after exercise can cause tissue damage and is not advised.

The goal is steady progression and regular participation 3 times a day for at least 20 minute sessions.

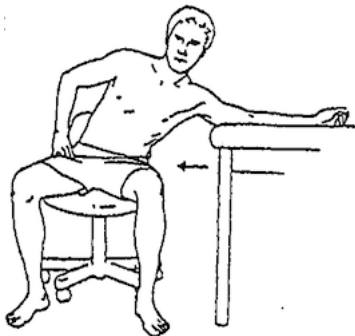
**Modalities:** It is recommended that heat and any anti-inflammatory medications be taken prior to exercises and ice after.



**Table Slides:** Begin seated, place your hand on a towel or sheet of paper. Bend forward and place the towel/paper along the table top.



**Wall Climbs:** Use your hand to crawl up the wall. Lean against the wall to bring in your armpit and hold.



**Abduction:** With your arm on a table palm up, roll away and pull your truck down and away from the arm.



**External Rotation:** Place your hand and forearm onto the table and lean forward at the waist until a stretch is felt.

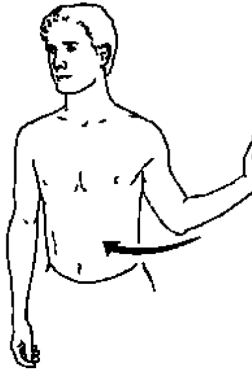


Thomas Obermeyer, M.D.

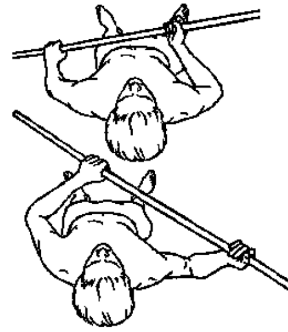


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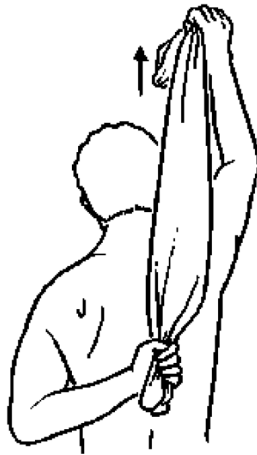
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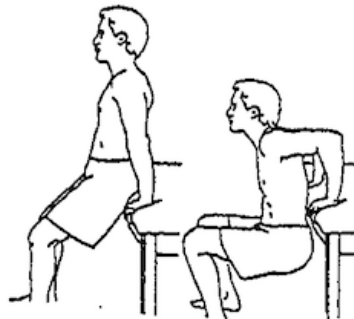
**External Rotation:**  
Place your hand onto the door frame securely and rotate your torso away from the door frame. Keep your elbow locked close to your body and try not to hike the shoulder.



**External Rotation:** A similar stretch can be performed with a cane or golf club with the elbow again locked close to the body and the gripped cane pushing the hand out



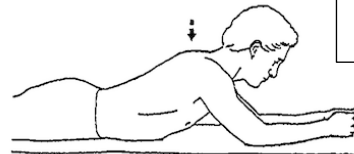
**Internal Rotation:**  
Using a towel or shirt, pull the affected hand up the back until a stretch is held and hold.



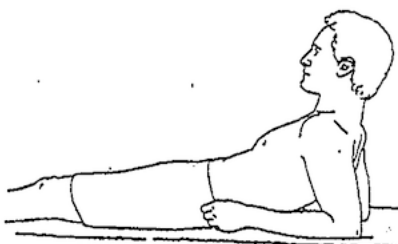
**Extension:** Place your arms behind you on a counter or table and bend at the knees, letting the arms come up your back until a stretch is felt.



**Inferior Capsule:**  
Pull the affected elbow overhead and behind the head until a stretch is felt.



**Posterior glide:** Shift your body weight down between your arms until a stretch is felt.



**Anterior glide:**  
Lean your body weight between your arms until a stretch is felt.



**Inferior glide:** With you forearm on the wall, relax the shoulder and push the shoulder down with light force toward the floor.



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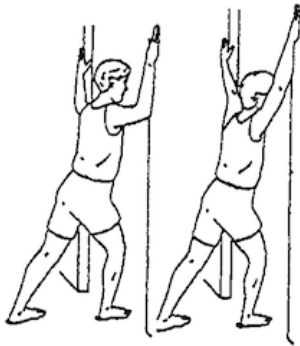


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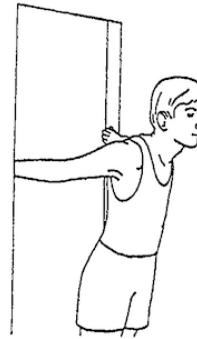
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**Posterior Shoulder Stretch:** Bring involved arm across in front of the body as shown. Hold elbow with other arm. Gently flex the bent elbow which will assist in pulling the arm across the chest until stretch is felt in the back of the shoulder.



**Pectorals:** With arms forming a "T", lean forward in a door frame until stretch is felt.



**Pectorals:** Holding onto a door frame with arms at shoulder level, lean forward until stretch is felt.