

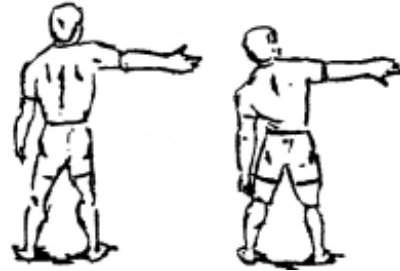
# SHOULDER AND ARM STRETCHES

## 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 1-1.5 hours – FREQUENCY IS THE KEY!
- STRETCH BOTH SIDES

NOTES: \_\_\_\_\_  
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## 1. COMBINED SHOULDER – UPPER ARM



- Arm held at shoulder height, palm up.
- Rotate palm forward at shoulder to position palm up in 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 THUMB DOWN position
- Elbow straight and shoulder rotated backwards
- Rotate body away from the affected side

## 5. TRICEP



- Reach arm overhead, 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 backwards

## 6. LATISSIMUS



- Lace fingers and reach palms upward