



## **SHOULDER AND ARM STRETCHES**

- Deep relaxed breathing
- Stand with feet shoulder width apart
- Knees slightly bent at all times
- Hold each exercise for 30 seconds

### **EXERCISE #1 – SHOULDER JOINT ROTATOR**

- Interlock fingers behind back
- Lift arms as high as possible

### **EXERCISE #2 – SHOULDER MOBILIZER**

- Place RIGHT hand over RIGHT shoulder (elbow up) touching spine with palm
- Place LEFT hand (elbow down) palm up diagonally UP towards RIGHT hand
- Interlock fingers
- If fingers do not interlock, use hand towel and keep inching fingers closer together
- Reverse

### **EXERCISE #3 – UNDERARM STRETCH**

- Elbow UP, place RIGHT hand on spine
- With LEFT hand, pull RIGHT elbow behind head slowly and strongly
- Lean body LEFT
- Reverse

### **EXERCISE #4 – POSTERIOR SHOULDER STRETCH**

- Stretch extended RIGHT arm across body waist height
- Pull across body with LEFT arm, thumb above elbow
- Reverse

### **EXERCISE #5 – SHOULDER BLADE STRETCH**

- Face door jamb and grasp frame at elbow level with LEFT hand
- Pulling away from door frame, hunch LEFT shoulder, lifting LEFT shoulder blade muscles
- Bring bent RIGHT arm across to LEFT side of body at waist level
- Reverse

### **EXERCISE #6 – CHEST AND FRONT SHOULDER STRETCH**

- With back to door frame, grasp frame at elbow level with RIGHT arm
- Lunge FORWARD with LEFT leg, but DO NOT extend knee past toes
- Keep BACK leg straight
- Reverse