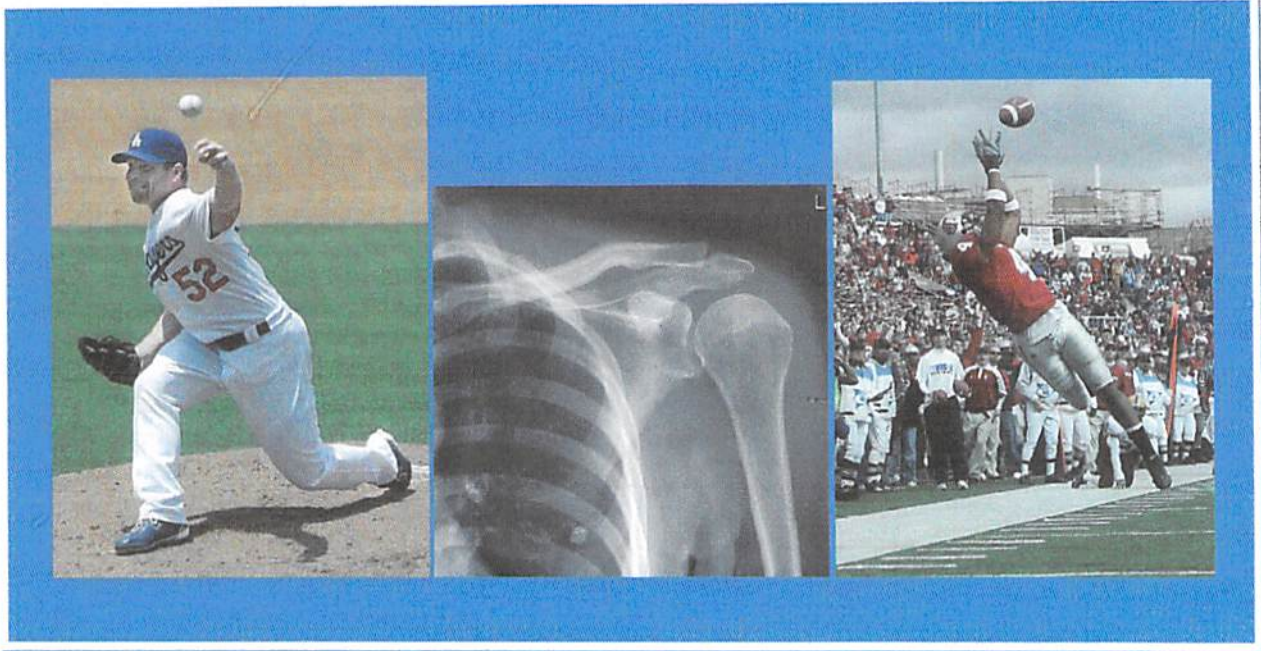


# Shoulder Stretching



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## PULLEY ASSISTED RANGE OF MOTION



(1)

(2)

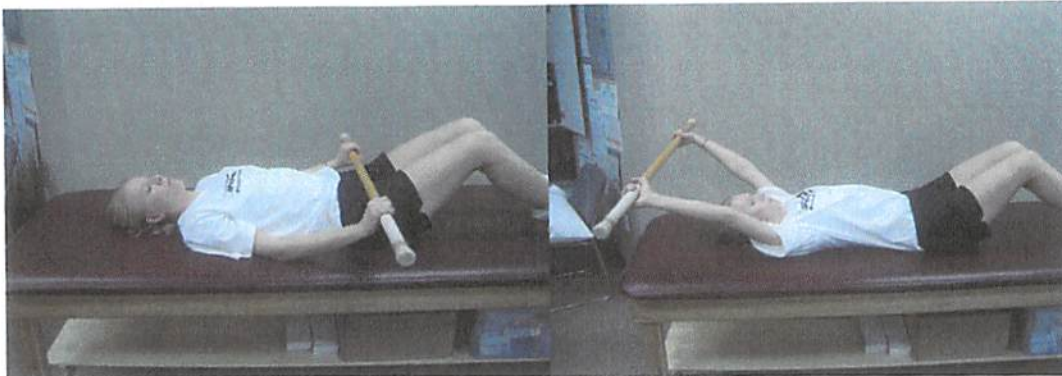


(3)

USE YOUR NON-INJURED ARM TO HELP ASSIST THE INJURED ARM TO GAIN MOTION IN THE DIRECTIONS PICTURED ABOVE. (1) PULL INJURED ARM STRAIGHT UP OVERHEAD WITH YOUR ARM NEXT TO YOUR HEAD. (2) PULL ARM OUT TO THE SIDE THEN UP OVERHEAD (3) PULL INJURED ARM UP YOUR BACK ALONG THE SPINE.

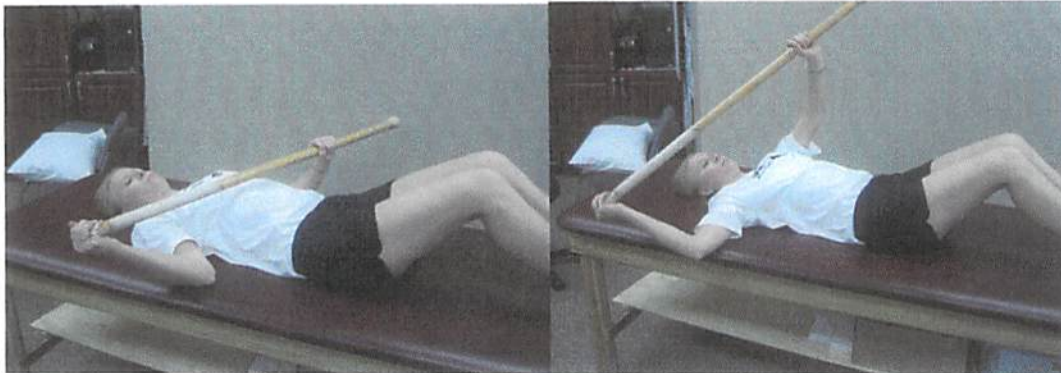
HOLD \_\_\_\_\_ SEC.      \_\_\_\_\_ REPETITIONS      \_\_\_\_\_ TIMES PER DAY

## CANE ASSISTED SHOULDER RANGE OF MOTION



(1)

(2)



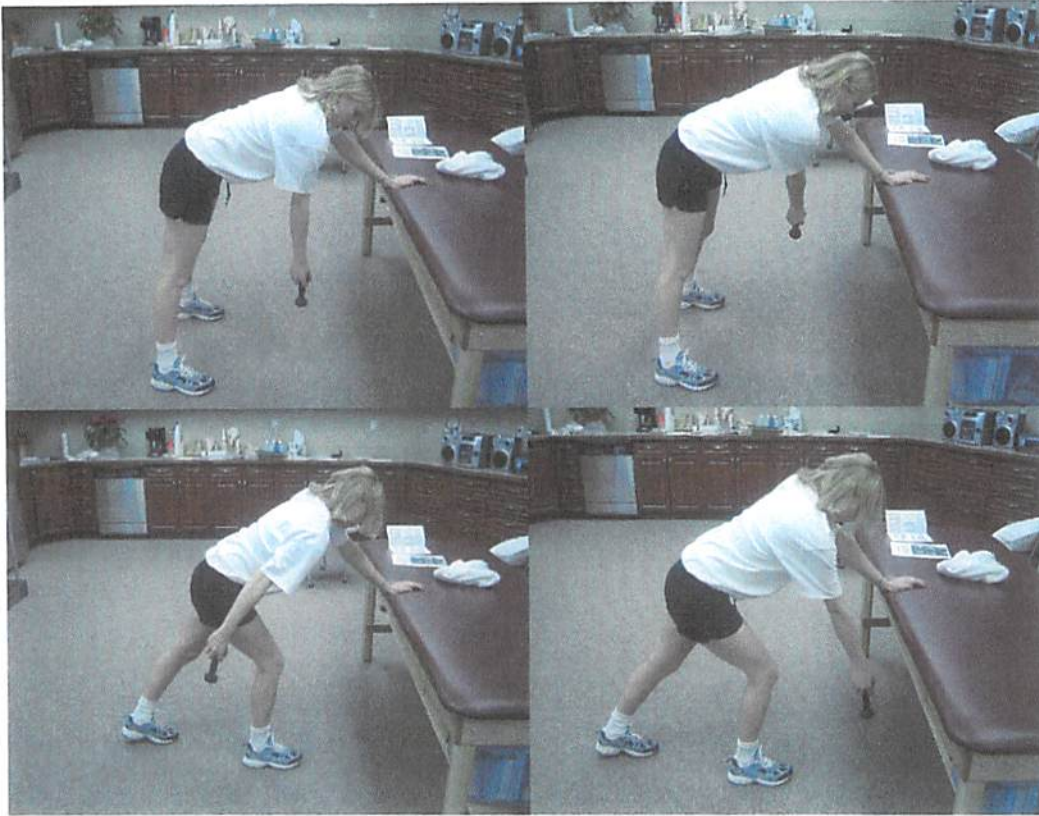
(3)

(4)

USE YOUR NON-INJURED ARM TO HELP ASSIST THE INJURED ARM TO GAIN MOTION IN THE DIRECTIONS PICTURED ABOVE. (1 & 2) LIFT YOUR ARM STRAIGHT ABOVE HEAD. (3) WITH YOUR ELBOW AT YOUR SIDE AND BENT AT 90°, PUSH YOUR HAND OUT AWAY FROM YOUR BODY. (4) WITH YOUR ELBOW AT SHOULDER HEIGHT AND AT 90° PUSH YOUR HAND OUT AWAY FROM YOUR BODY.

HOLD \_\_\_\_\_ SEC.      \_\_\_\_\_ REPETITIONS      \_\_\_\_\_ TIMES PER DAY

## PENDULUM EXERCISES



LEAN OVER HOLDING ONTO A COUNTER OR CHAIR. ALLOW YOUR ARM TO HANG FREELY DOWN TOWARDS THE FLOOR. USE YOUR LEGS AND BODY TO SWING YOUR ARM IN CIRCLES BOTH DIRECTIONS; SIDE TO SIDE; AS WELL AS FORWARD AND BACKWARD.

\_\_\_\_ REPETITIONS    \_\_\_\_ SETS    \_\_\_\_\_ POUNDS    \_\_\_\_ TIMES PER DAY

## INTERNAL ROTATION STRETCH



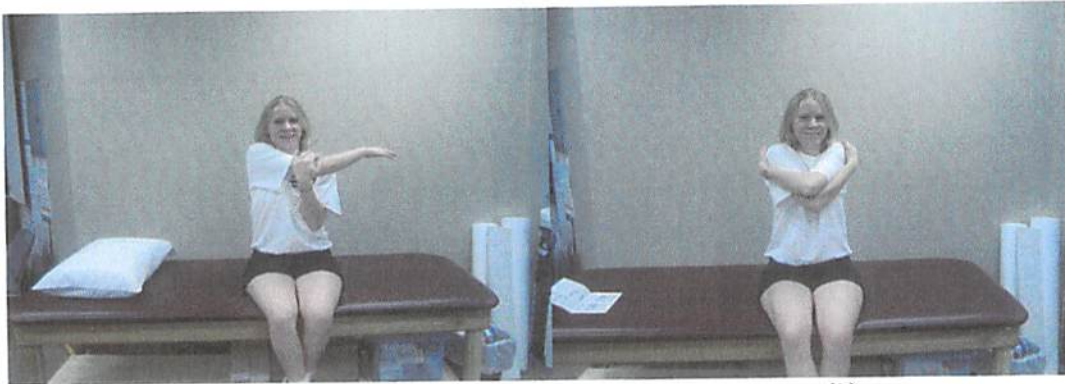
(1)

(2)

(1) IN SEMI SIDELYING, LAY ON YOUR INJURED SIDE, WITH SHOULDER AT 45 DEGREES KEEPING YOUR ELBOW AT 90 DEGREES. USE YOUR OTHER HAND TO PUSH YOUR FOREARM TOWARDS YOUR HIP. (2) IN STANDING, HOLD A TOWEL BEHIND YOUR BACK AND USE YOUR OTHER ARM TO HELP PULL YOUR HAND UP YOUR BACK BEHIND YOU.

HOLD \_\_\_\_\_ SEC.      \_\_\_\_\_ REPETITIONS      \_\_\_\_\_ TIMES PER DAY

## POSTERIOR SHOULDER STRETCHES



(1)

(2)



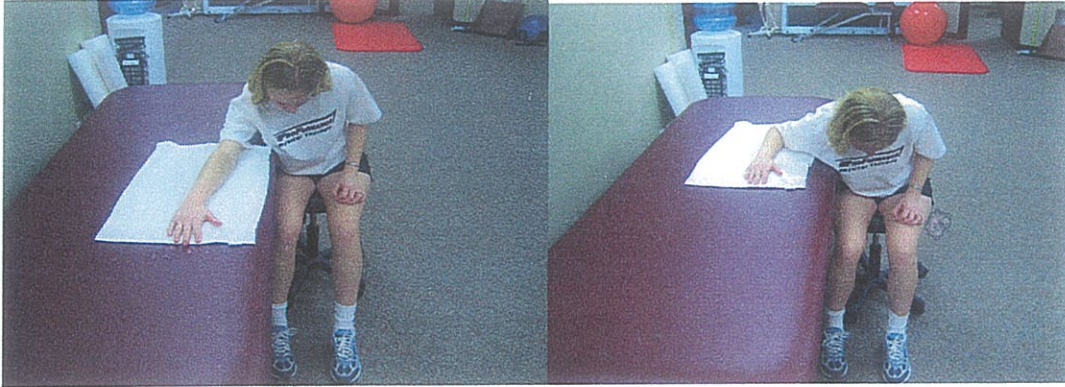
(3)

(4)

PERFORM THE STRETCHES AS SHOWN ABOVE. (1) PULL ARM ACROSS YOUR CHEST CLOSE TO YOUR BODY. (2) GIVE YOURSELF A BEAR HUG. (3) ARM AT SHOULDER HEIGHT OUT IN FRONT OF YOU, WITH PALM FACING YOU, PULL HAND TOWARDS BODY. (4) WITH ARM OUT IN FRONT OF YOU, PULL HAND TOWARD YOU WITH PALM FACING OUT.

HOLD \_\_\_\_\_ SEC.      \_\_\_\_\_ REPETITIONS      \_\_\_\_\_ TIMES PER DAY

## FLEXION AND EXTERNAL ROTATION TABLE SLIDES



(1)

(2)

FOR FLEXION (1), SIT NEXT TO A TABLE AND PLACE YOUR ARM ON A TOWEL OR PILLOW CASE. LEAN FORWARD WITH YOUR BODY AND ALLOW YOUR ARM TO SLIDE FORWARD. PAUSE AT THE END BEFORE RETURNING BACK TO STARTING POSITION. FOR EXTERNAL ROTATION (2), HAVE YOUR ARM OUT TO THE SIDE AND ELBOW BENT AT 90°. LEAN FORWARD TOWARD THE GROUND WITHOUT MOVING YOUR ARM.

HOLD \_\_\_\_\_ SEC.      \_\_\_\_\_ REPETITIONS      \_\_\_\_\_ TIMES PER DAY