

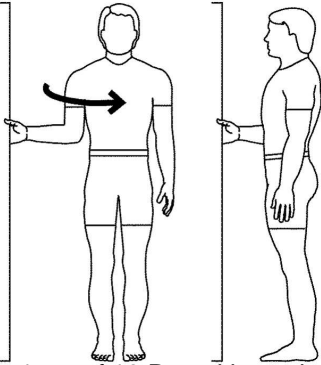
Shoulder Stretching Exercises

The following exercises are commonly used for shoulder stretching. However, each person's condition is unique. We recommend that you consult with your physician or physical therapist before performing these exercises.

Comment:

Stretch a total of 6 times per day. Start with the first column for your first round of stretching, then proceed to column 2, then column 3. By the end of the day each column and row will be completed 2 times.

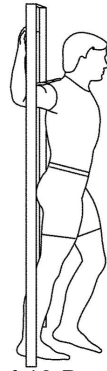
Stretch shld ER stand at doorway



Perform 1 set of 10 Repetitions, three times a day.

Hold exercise for 10 Seconds.

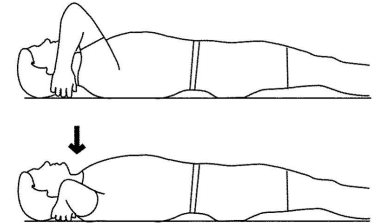
Stretch Pectoral standing w/shld ER



Perform 1 set of 10 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Stretch shld ER supine



Perform 1 set of 10 Repetitions, twice a day.

Hold exercise for 10 Seconds.

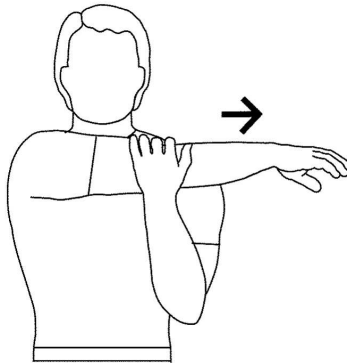
Stretch shld IR w/towel



Perform 1 set of 10 Repetitions, three times a day.

Hold exercise for 10 Seconds.

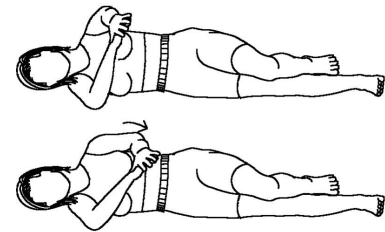
Stretch shld capsule posterior w/arm



Perform 1 set of 10 Repetitions, three times a day.

Hold exercise for 10 Seconds.

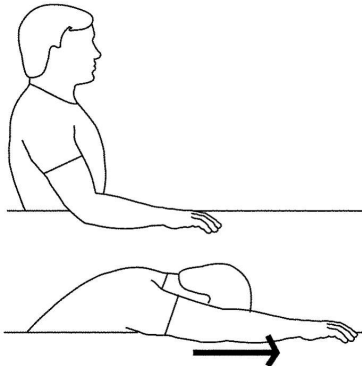
Stretch shld posterior capsule sidelying



Perform 1 set of 10 Repetitions, twice a day.

Hold exercise for 10 Seconds.

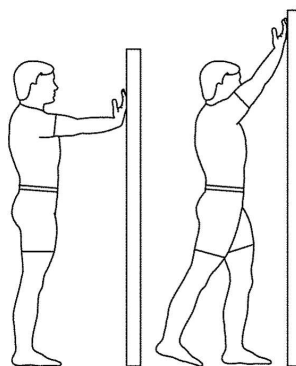
Stretch shld flx uni sit slide



Perform 1 set of 10 Repetitions, three times a day.

Hold exercise for 10 Seconds.

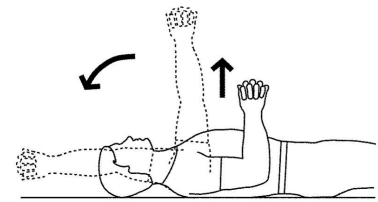
Stretch shld flx at wall



Perform 1 set of 10 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Stretch shld flx supine



Perform 1 set of 10 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Issued By: Rocky Mountain Orthopaedics PT

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

Rocky Mountain Orthopedics

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