



Upper Extremity Stretching

Flexibility exercises are done to increase overall muscle length. This reduces the incidence of injuries such as muscle strains, pulls, or tears. Flexibility exercises also increase efficiency and therefore improve performance. All stretching should be static; **NO BOUNCING STRETCHES!** Stretching should be slightly uncomfortable but not painful. Do each stretch slowly and hold for 20-30 seconds. Repeat three to five times.

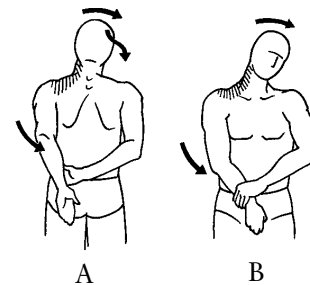
1. Towel Stretch

Anchor one end of a rolled up towel under your uninvolved arm.
Bring the towel across your back and over the opposite shoulder.
Grab towel with both hands and slowly tilt head towards uninvolved shoulder until you feel a stretch.
Hold 20-30 seconds. Repeat 3-5 times/side.



2. Lateral Neck Stretch

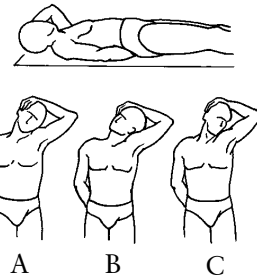
- A. While standing, place involved arm behind back and hold it in place with uninvolved hand.
Gently bend head away from involved arm until you feel a stretch.
Hold 20-30 seconds.
Perform ___ sets, ___ repetitions, ___ times/day
- B. While standing, place involved arm across the front of body and hold it in place with your uninvolved hand.
Gently bend head away from involved arm until you feel a stretch.
Hold 20-30 seconds. Repeat 3-5 times/side.



- C. The above exercises may also be performed in sitting by grabbing the bottom of the chair with involved arm and leaning head away until a stretch is felt.

3. Scalene Stretch

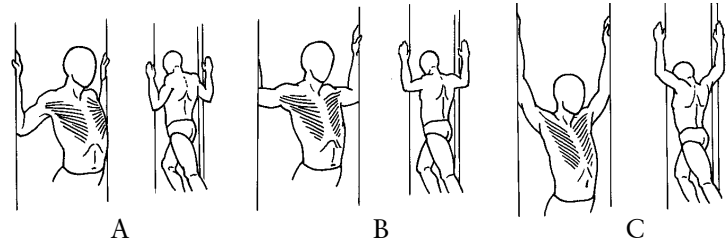
Lie on your back with the hand of your involved side anchored under your hip and your head as in A, B, or C. Using opposite hand, slowly tilt head away from your involved side until you feel a stretch. Hold 20–30 seconds. Repeat 3–5 times/side.



- A. Perform while looking straight ahead.
- B. Perform while looking towards involved side.
- C. Perform while looking towards uninvolved side.

4. Pectoralis Stretch

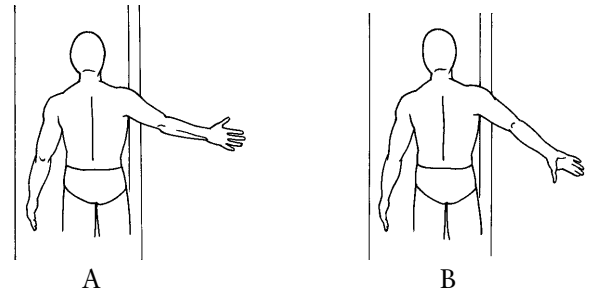
Stand in a doorway with arms on each side as shown in A, B, or C. Leading with chest, slowly lean into doorway until you feel a stretch. Do not arch your back. Maintain neutral lumbar spine. Hold 20–30 seconds. Repeat 3–5 times.



5. Doorway Stretch

A. Pectoralis

Stand facing away from door jam. Place involved forearm in door jam with thumb up. Extend elbow, and position body to feel a stretch at chest muscle. Hold 20–30 seconds. Repeat 3–5 times/side.

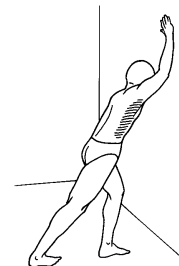


B. Biceps

Stand facing away from door jam. Place involved forearm in door jam with thumb pointing down. Extend elbow, and position body to feel a stretch at bicep muscle. Hold 20–30 seconds. Repeat 3–5 times/side.

6. Latissimus Stretch

Stand facing a wall. Place involved arm on wall above your head with palm of hand against wall. Lean body forward until you feel a stretch. Hold 20–30 seconds. Repeat 3–5 times/side.



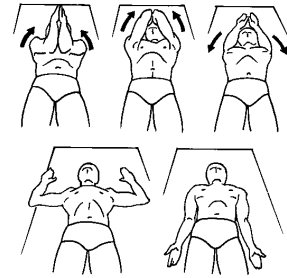
7. Preacher Stretch

Assume hands and knees position. (Hands directly below shoulders and knees directly below hips) Do not move hands and gently sit back onto heels until a stretch is felt. Hold 20–30 seconds. Repeat 3–5 times.



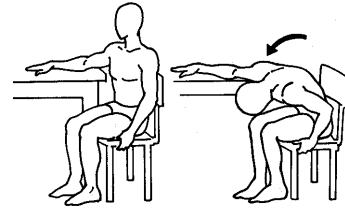
8. Pivot Prone

Lie on your back and place your forearms together.
Slowly bring your elbows up towards your head, trying to keep your forearms together.
When you cannot go any further, pull your arms straight back and then lower your elbows as if you were bringing them into your back pockets.
(May also be performed in sitting or standing with back against a wall).
Hold 20–30 seconds. Repeat 3–5 times/side.



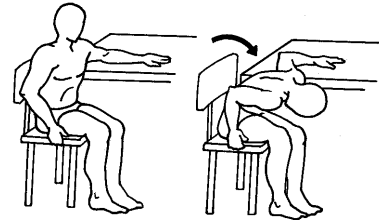
9. Sitting Shoulder Flexion Stretch

Sit at edge of chair next to table or desk.
Place involved arm on surface with elbow straight.
Slide arm forward and slowly bend forward at hips as you slide back into chair.
Hold 20–30 seconds. Repeat 3–5 times/side.



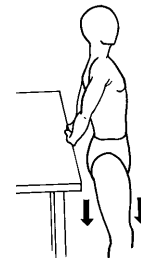
10. Sitting Shoulder External Rotation and Abduction Stretch

Sit in chair next to table or desk.
Place involved arm on surface with elbow bent.
Slowly bend forward at hips and shift trunk toward opposite knee.
Hold 20–30 seconds. Repeat 3–5 times/side.



11. Internal Rotation

Bend elbows and place them behind back, holding onto a desk or table.
Bend knees to stretch arm up.
Hold 20–30 seconds. Repeat 3–5 times/side.



12. Inferior Distraction

Stand with nonstretchable rope (dogleash, webbing) under foot and hold other end with involved hand.
The rope should be tight between hand and foot.
Sidebend away from rope until you feel a distraction (gapping) at involved shoulder joint.
Hold 20–30 seconds. Repeat 3–5 times/side.

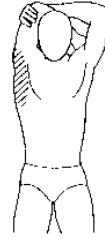


13. Inferior Capsule Stretch

Bring involved arm overhead.

Hold involved elbow with opposite arm, pull elbow toward opposite shoulder until a stretch is felt at and below armpit.

Hold 20–30 seconds. Repeat 3–5 times/side.



14. Lateral Distraction

Place towel under involved arm as pictured.

With opposite arm, pull involved elbow down and in toward body until a stretch is felt at shoulder.

Hold 20–30 seconds. Repeat 3–5 times/side.



15. Posterior Capsule Stretch

Bring involved arm across chest.

Hold involved elbow with opposite arm, pull across chest until a stretch is felt at the back of the involved shoulder.

Hold 20–30 seconds. Repeat 3–5 times/side.

