



Four Quadrant Stretching

Shoulder Flexion

1. Lie on back as shown, clasping hands together
2. Raise both hands overhead with the unaffected arm pulling the affected arm, so that you feel a stretch
3. Hold 10-30 seconds
4. Perform 3-5 repetitions, 5 times per day



Shoulder External Rotation

1. Sit with your arms at your sides and elbows bent to 90 degrees, holding a cane in front of you.
2. Using cane for assistance rotate your affected hand and forearm out away from your body
3. Do not allow your upper arm to move away from your body
4. Hold 10-30 seconds
5. Perform 3-5 repetitions, 5 times per day



Shoulder Horizontal Adduction

1. Stand grasping affected elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch. Keep your elbow relatively straight.
3. Hold 30 seconds
4. Perform 1 repetition at 3 different angles, 5 times per day



Shoulder Internal Rotation

1. Reach behind back with your affected arm, keeping your thumb pointed up
2. Grasp the arm with your unaffected arm
3. Try to pull the affected arm upward as shown so that you feel a stretch
4. Hold 30 seconds
5. Perform 1 repetition, 5 times per day



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.