

Shoulder: Stretching Home Exercise Program

Hold each stretch _____ seconds. Do _____ repetitions, _____ times a day.

1. Sit or stand upright with one arm placed as far up on back as possible.
2. Lift other arm overhead, bend elbow and interlock fingers.
3. Hold the stretch, then relax.

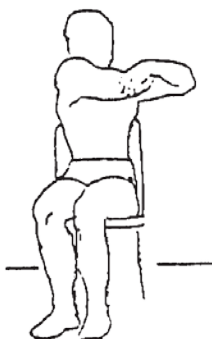
Note: Use a folded towel if you cannot interlock hands.



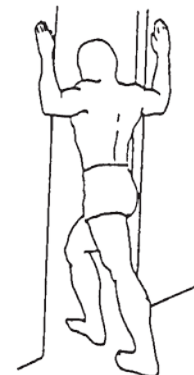
1. Stand upright facing a corner or open doorway.
2. Raise both arms with hands to shoulder height (elbows below shoulders) to stretch the chest.
3. Exhale and lean entire body forward.
4. Hold the stretch, then relax.



1. Sit or stand upright with one arm raised to shoulder height.
2. Grasp raised elbow with opposite hand.
3. Exhale and pull raised elbow toward your chest.
4. Hold the stretch, then relax.



1. Stand upright facing a corner or doorway.
2. Raise both arms to form the letter "T" (elbows level with shoulders) to stretch the chest.
3. Exhale and lean entire body forward.
4. Hold the stretch, then relax.



1. Sit or stand with one arm raised overhead next to ear and elbow bent.
2. Grasp elbow with the opposite hand.
3. Exhale and pull elbow behind head.
4. Hold the stretch, then relax.



1. Stand upright facing a corner or open doorway.
2. Raise both arms to form the letter "V" (elbows raised above shoulders) to stretch the chest.
3. Exhale and lean entire body forward.
4. Hold the stretch, then relax.

