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## Simple Shoulder Stretches

These stretches are to help you improve your shoulder mobility gradually.

- Try to perform these stretches 2-3 times per day, holding each stretch for 30 seconds.
- Applying heat to the affected shoulder for 10-15 minutes prior to beginning stretches can help improve shoulder flexibility and range of motion.
- Each of these shoulder stretches should be done very gently and not to cause significant pain.

### STRETCHES

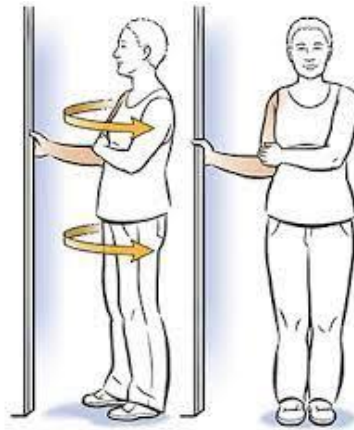
1. Shoulder *forward flexion* stretch. Walk the wall to as high as you can go and hold for 30 seconds and then rest.



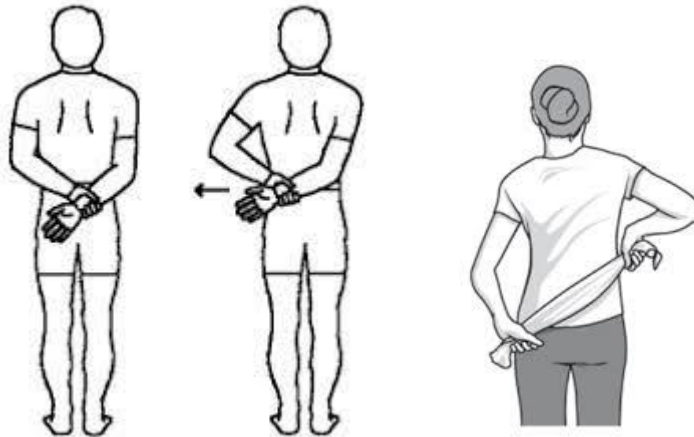
- If the wall walks are too difficult, you can slide your hand on a table gently to also improve forward flexion of the shoulder. Move your arm forward as far as you can and hold it for 30 seconds and then rest.



2. Shoulder *external rotation* stretches. Put the hand of the operative shoulder on a door frame with elbow bent to 90 degrees and wrist straight, walk through the doorway allowing arm to stretch away from the body. Hold this position for 30 seconds and then rest.



3. Shoulder *internal rotation* stretches. Reach affected shoulder/arm behind your back and gently try to pull arm further behind back. Hold for 30 seconds and then rest.



4. *Pendulum exercise*. Lean on a table with the non-injured shoulder and do small circles with your affected shoulder dangling.

