



Pectorals - Corner / Doorway

Facing corner or standing through a doorway.
 Place forearms on each wall at shoulder height.
 Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Anterior Capsule Stretch



Biceps - Wall

Standing about 1 foot past a wall or doorway, reach back to grasp the door jam with one hand, keeping arm just lower than shoulder height.
 Step one foot forward (keeping feet shoulder width apart) and bend front knee slightly.
 Keep shoulders and pelvis square and elbow straight, lean body straight forward to feel a stretch in the front of the arm.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Triceps

Sitting tall, place one hand behind neck.
 Use opposite hand to grasp elbow and try to slide finger tips further down spine to feel a stretch in the back of the upper arm.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Inferior Capsule Stretch



Triceps - Cross Body

Sitting tall, shoulders square, place one hand across body toward opposite shoulder.
 Use opposite hand to gently bring elbow further across body, keeping shoulders square, to feel a stretch in the back of the upper arm.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Posterior Capsule Stretch



Internal Rotation Strap Stretch

Place involved arm down at side with palm facing back. Raise opposite arm overhead with strap and place in palm of involved shoulder. Grasp strap and pull hand up back until a stretch is felt in involved shoulder.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Sleeper Stretch (Internal Rotation)

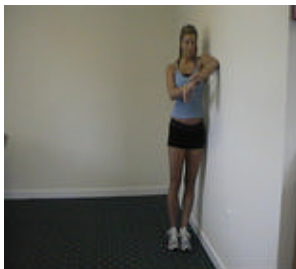
Lay on side of involved shoulder (right shoulder painful, lay on right side). Move elbow up to level of shoulder. Keeping back upright grasp forearm below wrist and pull toward table until a stretch is felt in shoulder.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Posterior Capsule Stretch



Sleeper Stretch Standing

Perform this stretch in the same manner as in sleeper stretch on the table only against the wall in standing.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: