



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY
www.rcmclinic.com

Shoulder Stretches

As with any stretching program you may feel some discomfort, but should not experience pain. Repeat the following exercises 3-5 times each. These exercises should be performed several times throughout the day, every day.

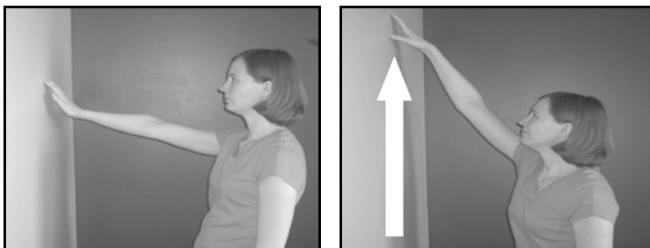
□ **Table Slides**

- Begin in a seated position at the edge of the table, place your hands on a towel, and slowly reach forward until you feel a nice stretch in your shoulder.
- Hold this position for 15-20 seconds then relax and return to the beginning position



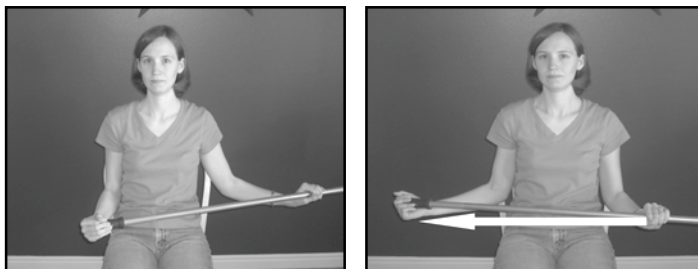
□ **Wall Climb**

- Begin with your hand on the wall in front of you and slowly walk your hand up the wall.
- After you feel a good stretch hold the position for 15-20 seconds and then walk down to the beginning position and repeat.



□ **External Rotation**

- Begin with the affected arm at your side, with your elbow bent at 90 degrees. Your arm should be in a neutral position (pointing straight forward, with the thumb up).
- Grab a broom handle, or stick, and place the end in your affected hand.
- Holding the broom with your other hand slowly rotate your affected hand away from your body while keeping your elbow at your side. Once you feel a good stretch hold it (15-20 seconds), then slowly return to the beginning position and repeat.



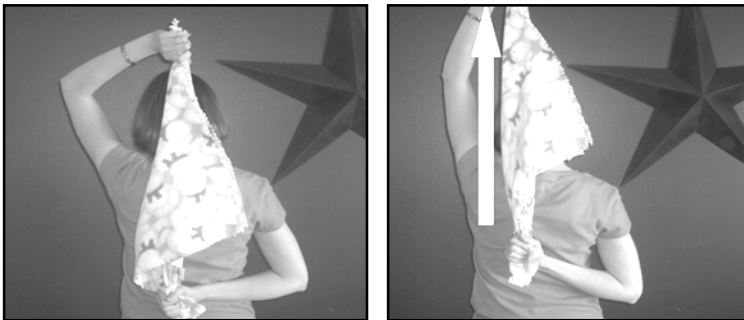
❑ Sleeper Stretches

- Begin by laying on the affected side's shoulder. Place your affected arm out in front of you with the elbow at shoulder height. and bend your elbow up to a 90° angle.
- Slowly rotate your arm down towards the ground.
- You should begin to feel a stretch in the back of your shoulder. Once you do, hold that position, and then slowly return back to the starting position.
- This exercise should be done with the arm at shoulder level, slightly above shoulder level, and slightly below shoulder level. Hold each stretch for 15-20 seconds. Perform 3-5 repetitions at each position.



❑ Towel Stretch

- Begin with your affected extremity behind your lower back.
- With your other arm lower a towel behind your head until you are able to grab it with the affected extremity.
- Gently pull the affected extremity up your back until you begin to feel a stretch.
- Hold for 15-20 seconds and then slowly return to the beginning position and repeat.



Please check our website for updates: <http://www.rcmclinic.com> and other orthopedic information

