

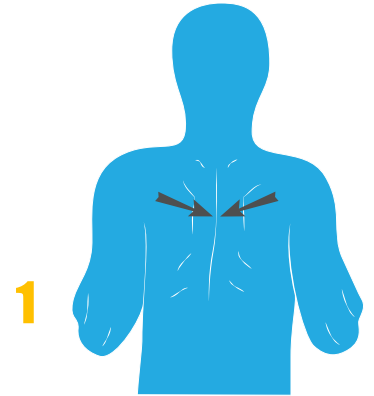
Shoulder Stretches

The following exercises should be performed only with the advice of your Chiropractor or Myotherapist. Starting with the basic exercises and moving onto the intermediate and advanced when your strength improves.

Shoulder Stretches – Basic Exercises

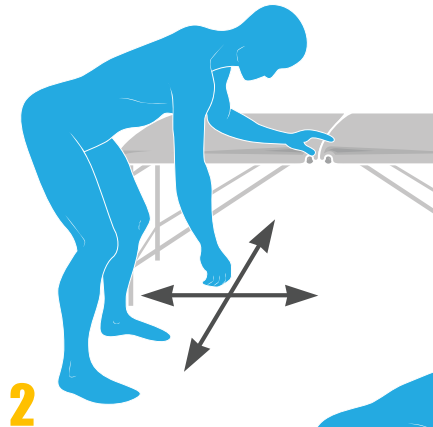
1. Shoulder Blade Squeezes

- Sit straight with chin tucked in and shoulders back.
- Slowly squeeze shoulder blades together.
- Hold for 5 seconds and repeat 10 times.



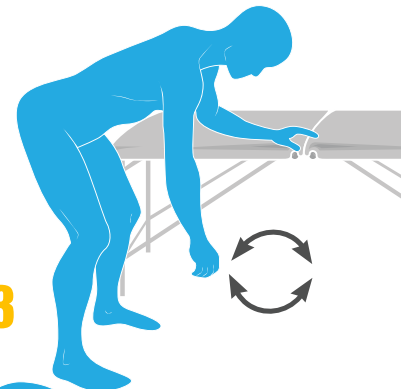
2. Pendular Exercises

- Lean forward with forearm supported on a table.
- Keep back straight and shoulder relaxed.
- Gently swing arm forwards and backwards.
- Repeat 10 times.



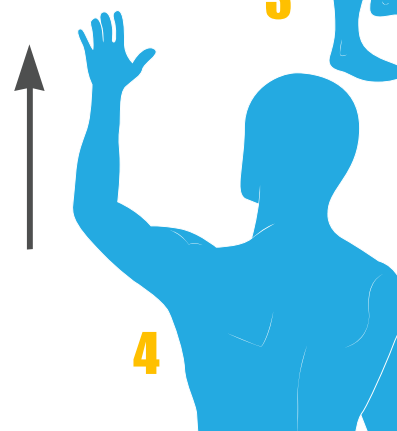
3. Pendular Circles

- Lean forward with forearm supported on a table.
- Keep back straight and shoulder relaxed.
- Gently swing arm in circles clockwise.
- Repeat 10 times in each direction.



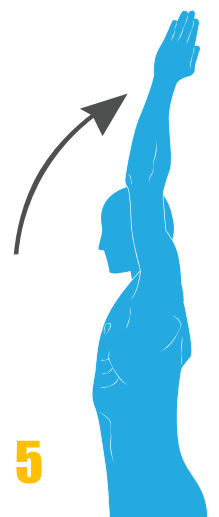
4. Wall Crawl

- Stand straight facing a wall.
- Place hand on wall and slowly walk fingers up the wall.
- Repeat 10 times.



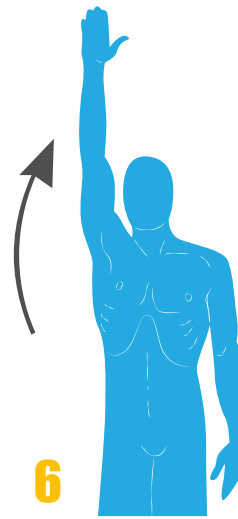
5. Shoulder Flexion

- Stand up straight.
- Gently raise arm forwards and up to feel a stretch.
- Repeat 10 times.



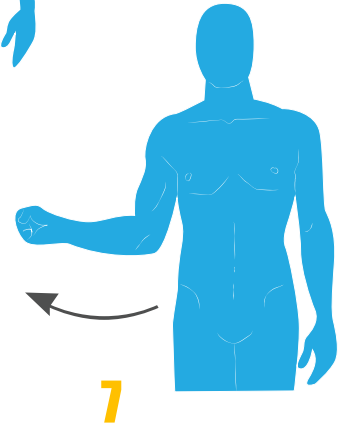
6.Shoulder Abduction

- Stand up straight.
- Gently raise arm to the side, leading with your thumb.
- Repeat 10 times.



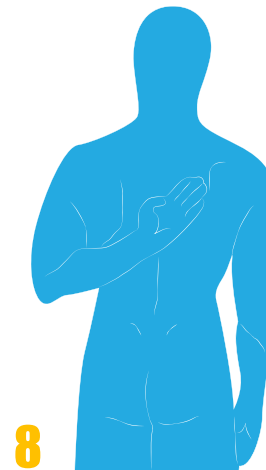
7.Shoulder External Rotation

- Stand up straight with shoulders slightly back.
- Tuck elbow into side and bent at 90 degrees.
- Gently take hand away from body.
- Repeat 10 times.



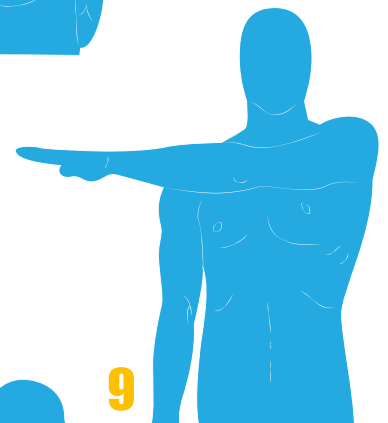
8.Hand Behind Back

- Stand up straight.
- Gently lift hand behind and up the spine to feel a stretch.
- Repeat 10 times.



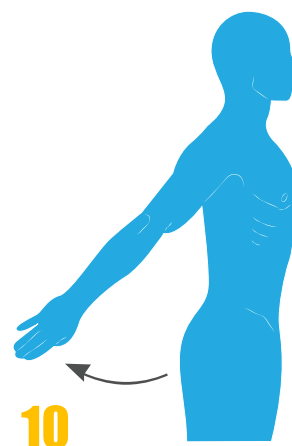
9.Arm Across Chest

- Stand up straight.
- Gently cross arm across the chest.
- Allow elbow to bend slightly to feel a stretch.
- Repeat 10 times.



10.Shoulder Extension

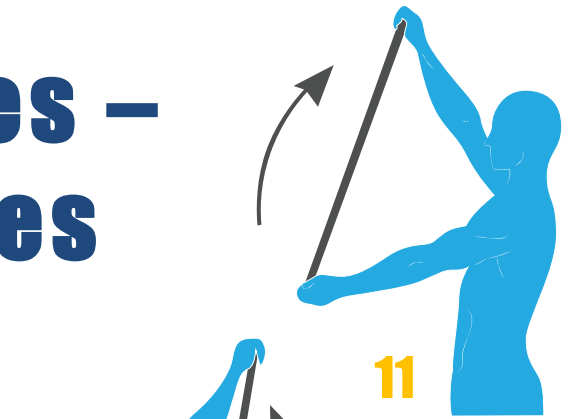
- Stand up straight.
- Gently lift arm backwards to feel a stretch.
- Repeat 10 times.



Shoulder Stretches – Advanced Exercises

11. Flexion with Stick

- Stand up straight.
- Use a broom handle to push arm forwards and up.
- Repeat 10 times.



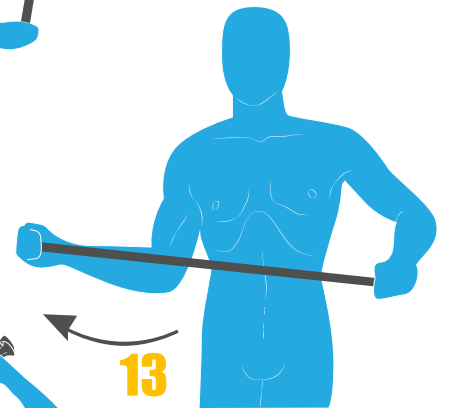
12. Abduction with Stick

- Stand up straight.
- Use a broom handle to push arm to the side and up.
- Repeat 10 times.



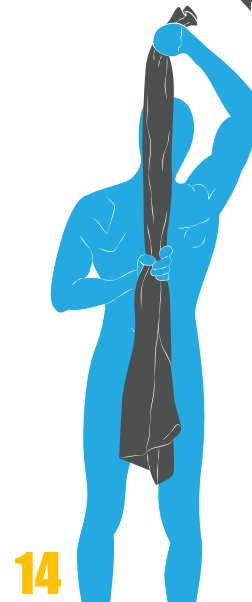
13. External Rotation with Stick

- Stand up straight with shoulders slightly back.
- Keep elbow at 90 degrees.
- Use a broom handle to push hand to the side.
- Repeat 10 times.



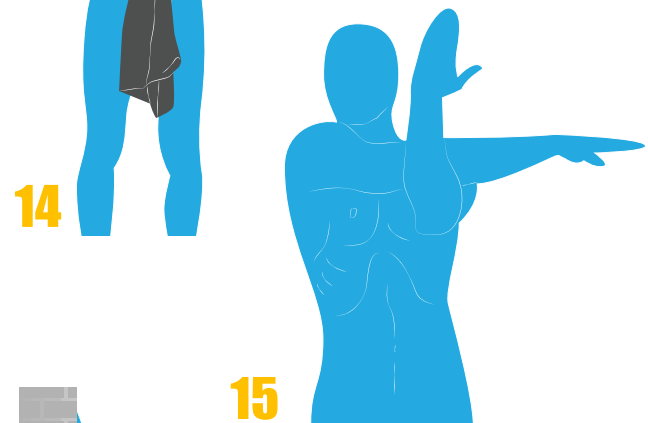
14. Hand Behind Back with Towel

- Stand up straight with shoulders back slightly.
- Hold a towel above head.
- Move hand up the spine until to feel a stretch.
- Repeat 10 times.



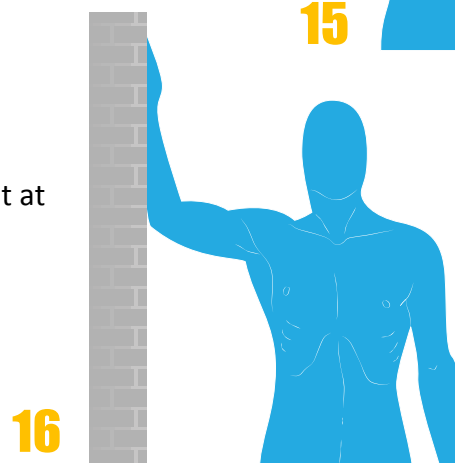
15. Arm Across Chest Stretch

- Stand up straight.
- Use one arm to hold other arm across chest.
- Hold for 15 seconds.



16. Pec Stretch

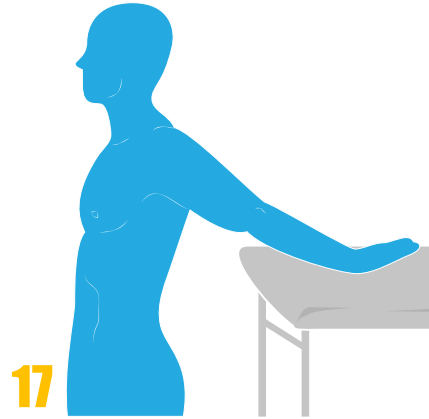
- Stand straight with forearm against a wall and elbow bent at 90 degrees.
- Gently turn body away from the wall
- Hold for 15 seconds and repeat 4 times.



Shoulder Stretches – Less Common Exercises

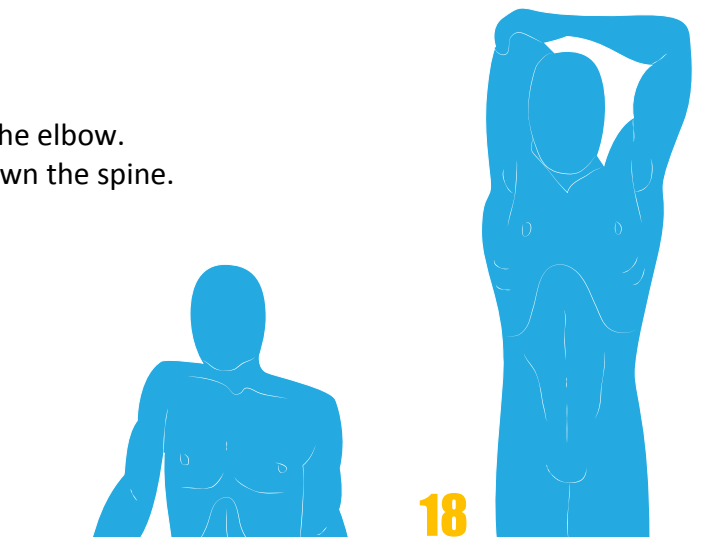
17. Biceps Stretch

- Sit straight with arm supported behind on a table.
- Gently lower body.
- Allow arm to move further behind to feel a stretch.
- Hold for 15 seconds and repeat 4 times.



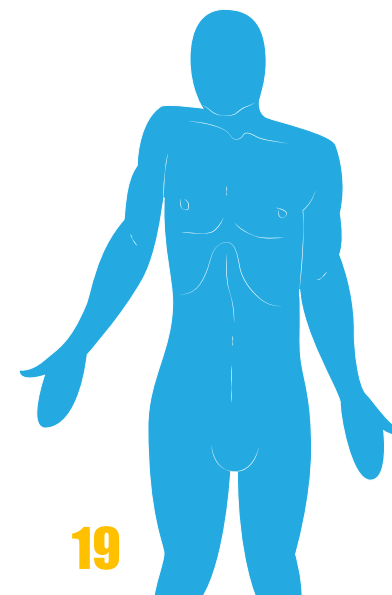
18. Triceps Stretch

- Stand up straight.
- Place hand behind the lower neck with other hand on the elbow.
- Gently push elbow backwards to move hand further down the spine.
- Hold for 15 seconds and repeat 4 times.



19. Shoulder Shrug

- Stand up straight.
- One arm by your side, away from the body with thumbs pointing up.
- Shrug shoulder towards ear.
- Repeat 10 times.



20. Rotator Cuff Stretch

- Stand up straight.
- Place one hand on the hip with palm facing backwards.
- Use other hand to gently bring elbow forwards.
- Hold for 15 seconds and repeat 4 times.

