

1. Superior shoulder capsule stretch

Place a towel underneath the injured arm, in the armpit area.
 Bring this arm across your chest and grab onto the wrist with your other hand.
 Pull the arm across your body until you feel a stretch in the top aspect of your shoulder.
 Hold this position, then relax and repeat.

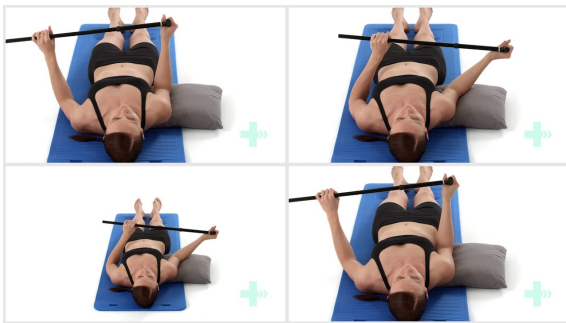
3 Sets / 5 Reps / 15 s hold



2. GHjt forward flexion stretch over table

Start in a seated position and put your arms on a table.
 Steadily stretch your arms forwards as far as you can, dropping your head down between the shoulders.
 Your arms should remain floppy and relaxed throughout and be careful not to tense your shoulders.
 Hold this position.
 Note this exercise can also be performed from a standing position over a higher surface.

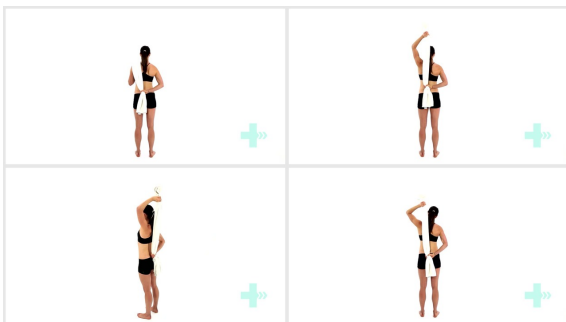
3 Sets / 5 Reps / 15 s hold



3. GHjt ER(N) stretch supine

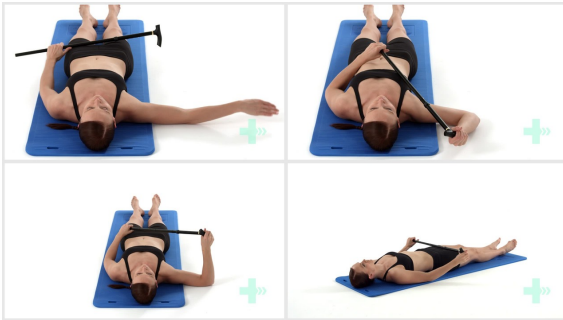
Lie on your back with your symptomatic arm on a pillow by your side.
 Hold a broom stick in both hands with both elbows at a right angle.
 Use your good arm to push the stick across your body towards your symptomatic arm, turning the forearm outwards.
 You should feel a stretch at the front of your shoulder.
 Do not allow your upper arm to move away from your body.
 Hold this position.

3 Sets / 10 Reps



4. Hand behind back GHjt stretch with towel

Take a towel and drape it over your good shoulder.
 Reach behind your back with your symptomatic arm and hold the other end of the towel.
 With your top hand pull the towel straight up so that your back hand comes up towards your shoulder blade.
 You will feel this stretch in the front of your shoulder.



5. GHjt ER(90) stretch supine

Lie on your back holding onto a broomstick or rod.

Place your symptomatic arm out to the side, about 90 degrees away from you.

Bend your elbow to a right angle.

The stick should lie vertically in the direction of your body.

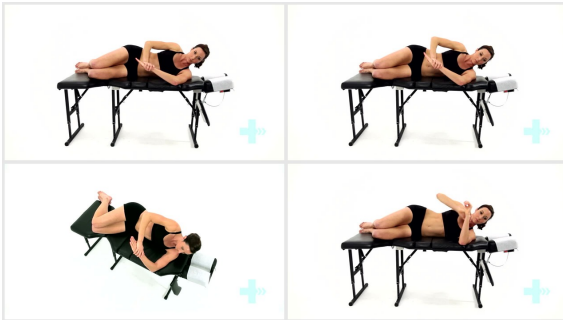
Using your good arm, push the stick upwards, turning the forearm of the symptomatic arm upwards.

Do not allow your upper arm to move upwards.

You should feel a stretch at the front of your shoulder.

Hold this position.

3 Sets / 5 Reps



6. Sleeper stretch

Lie on your affected side, with the arm out in front and elbow bent to 90 degrees.

Place your other hand on the back of your wrist, and push down to rotate the forearm.

Make sure you do not hunch your shoulder up.

You will feel a stretch over the back and top of the shoulder.