

# Covenant Medical Group • Orthopaedics

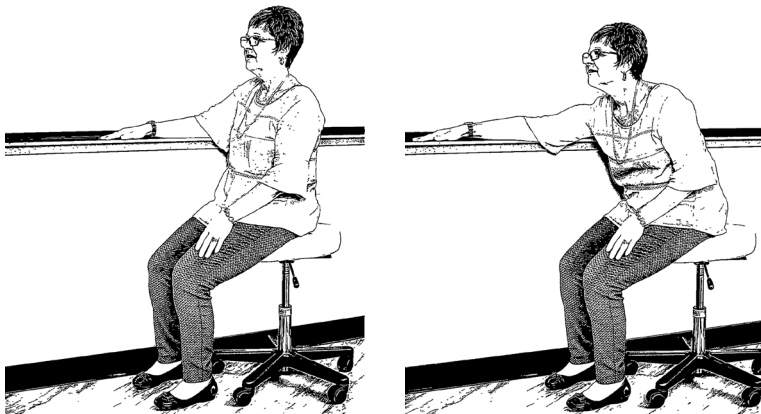
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## SHOULDER STRETCHING EXERCISES

### EXERCISE INSTRUCTIONS

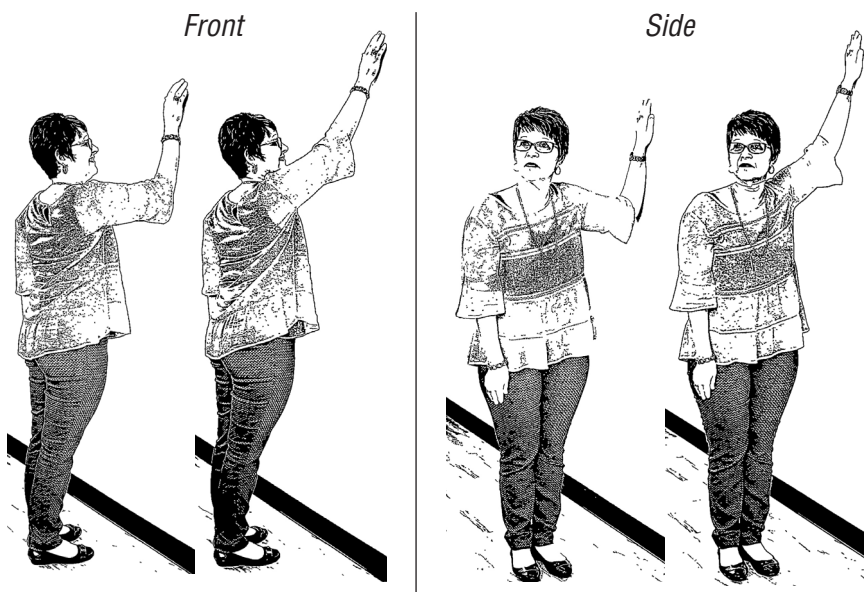
#### 1. Table Slide

- First stretch forward.
- Then stretch to the side.



#### 2. Wall Walks (forward flexion and side abduction)

- Do this exercise in both of these positions.
- Hold each stretch for 10 seconds, relaxing between stretches.
- Cycle through all exercises.
- Exercise for 5 minutes/5 times a day.



#### 3. External Rotation Stretch

- Stand facing a corner.
- With your elbows at shoulder level, place your forearms against each wall.
- Lean into the corner until you feel a stretch across your chest. Hold for 20 seconds.
- Return to the starting position.
- Repeat 10 times/3 times a day.

**Caution:** Keep your ears, shoulders and hips in line.



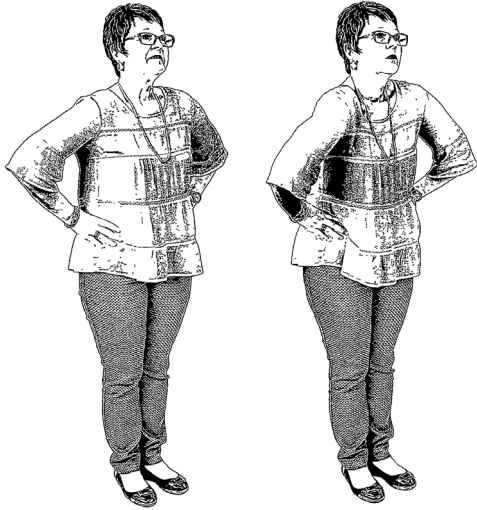
#### 4. External Rotation

- Rotate out.
- Hold each stretch for 10 seconds, relaxing between stretches.
- Cycle through all exercises.
- Exercise for 5 minutes/5 times a day.



## 5. Hands on Hips (internal rotation)

- Put your hands on your hips.
- Move your elbows forward and hold.
- Hold each stretch for 10 seconds, relaxing between stretches.
- Cycle through all exercises.
- Exercise for 5 minutes/5 times a day.



## 6. Cross-Body Stretch

- Repeat 10 times/3 times a day.



## 7. Elbow at Wall (internal rotation)

- Push hand down.
- Hold each stretch for 10 seconds, relaxing between stretches.
- Cycle through all exercises.
- Exercise for 5 minutes/5 times a day.

