



Orthopedic Surgery & Sports Medicine

P.O. Box 660
85 Sierra Park Road
Mammoth Lakes, CA 93546

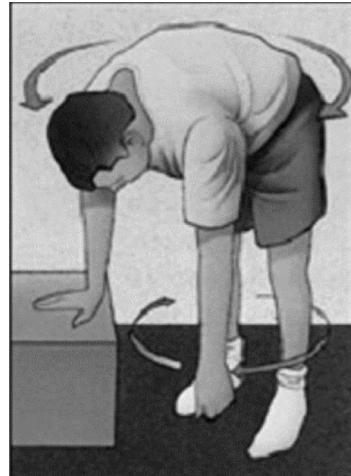
SHOULDER: *Stretching Exercises*

This handout illustrates some **basic range of motion exercises** for the shoulder. They should be performed within your comfort zone unless otherwise instructed. Unless your doctor feels that you have adhesive capsulitis or frozen shoulder, these exercises should not cause pain. These exercises can be used for almost all shoulder problems as maintaining range of motion is very important. This handout and these exercises are only a general template and should be supplemented by the physical therapy program prescribed by your doctor. If at any time you are uncertain about what to do, or you have new or increasing pain, please consult your physician or therapist.

Pendulum Exercises →

Bend forward and allow your arm to hang free, then gently begin to swing your body and arm in a circular motion.

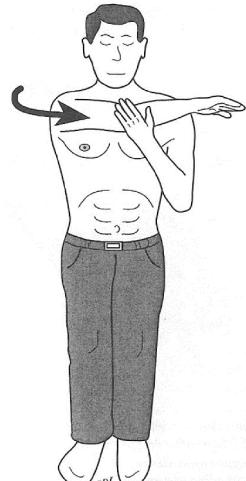
This allows for early range of motion without stressing the shoulder muscles. It can be done in the early post-operative period or soon after a fracture.



Tummy rubs are another gentle motion that can be performed early after injury or surgery. While either seated or standing, simply rub your abdomen in a circular fashion.

Cross Body Adduction →

Use the opposite arm to pull your affected arm as far as possible across your body. This stretches the posterior shoulder and is particularly important for throwers and overhead athletes.



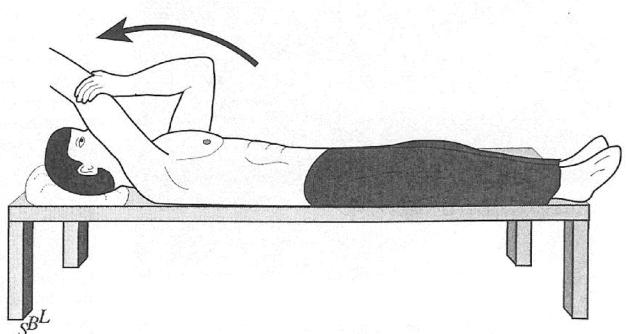


Table Slides

Place hand/arm on a table or countertop and slowly slide your body close to the table to push the arm forward. (*This stretches the inferior capsule to allow for better overhead use.*)

(You should not be using your shoulder muscles to move your arm in these two exercises).

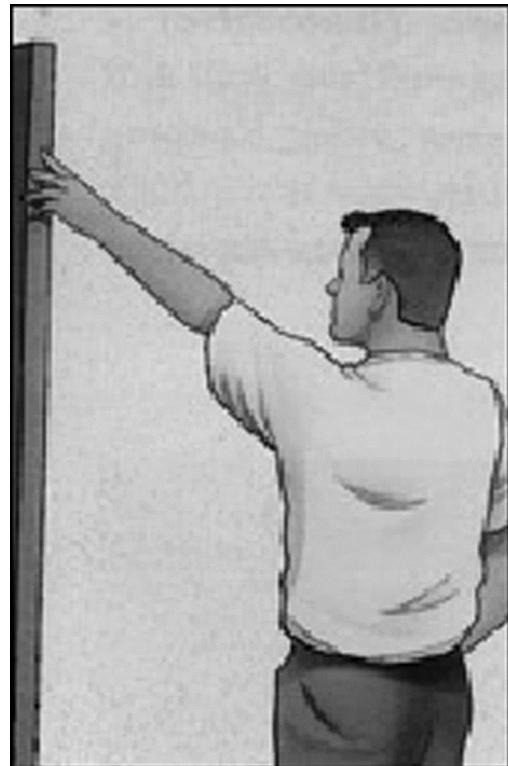
Wall Walking (Forward Flexion and Abduction)

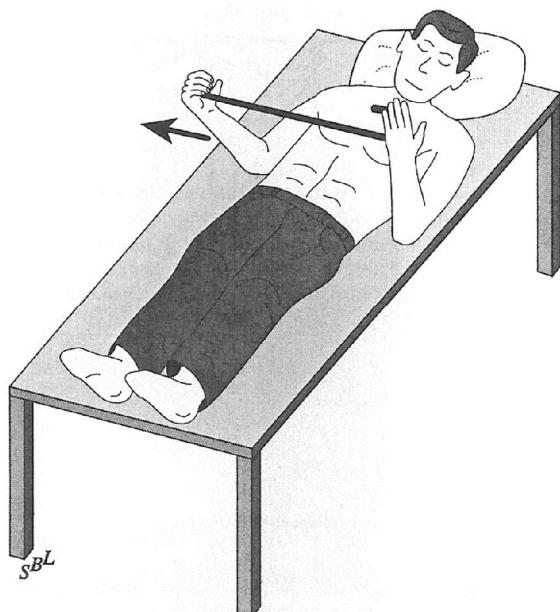
Face a wall and place your hand flat on the wall. Use your fingers to crawl or drag your arm up the wall, pulling the arm upwards.

Rotate your body 90°, so that your arm is now at your side and repeat the exercise.

These exercises are to be done passively, meaning that your shoulder muscles should not be working while you are exercising. This helps protect the muscle while allowing restoration of motion.

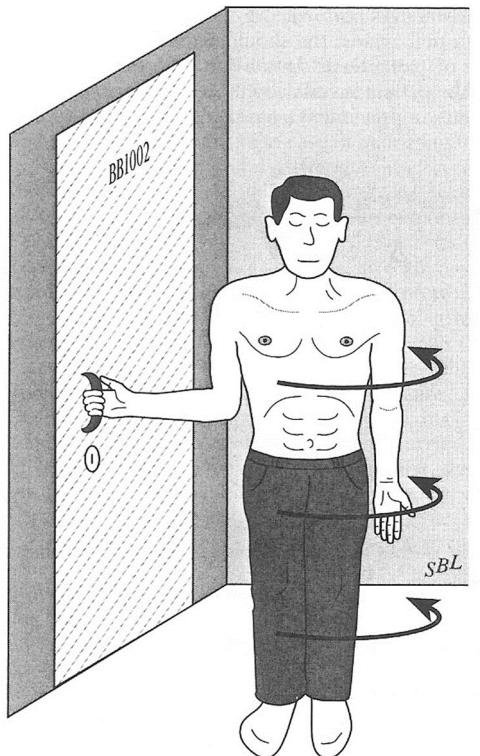
Thus, the fingers and hand should be used to pull the arm upwards so that you are not using your shoulder muscles. As you reach the end range of motion, you can lean into your arm to stretch the shoulder capsule even more.





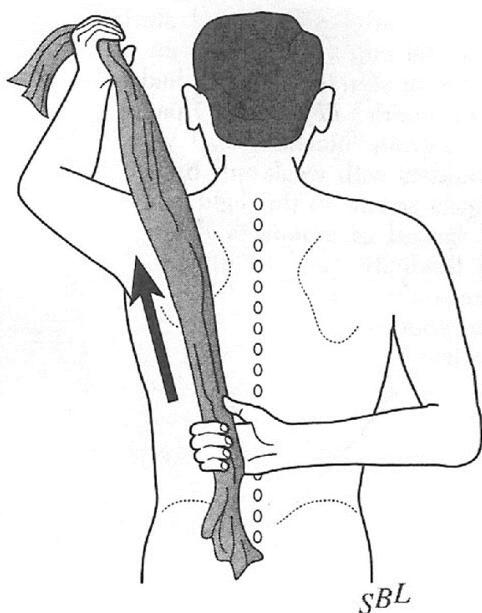
Supine External Rotation

Lying on your back, use a stick, cane, or golf club to push your affected arm into external rotation. You may place a ball or some socks between your elbow and body to help you hold your arm by your side. (*It is very important to keep your elbow by your side while doing this!*)



Standing External Rotation

Grab onto a door handle or door frame with your affected arm and slowly rotate your body away, allowing your arm to move into external rotation. A ball or socks can be used here as well. (*Keep your elbow at your side!*)



Towel Stretch (Internal Rotation)

Drop a towel or rope over your shoulder and grasp it with the injured hand. Use your other arm to pull the affected arm upwards. (This will improve your internal rotation.)