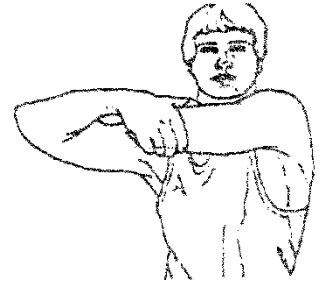


# Shoulder Stretching Exercises

These stretches should be performed after warming up the affected shoulder by applying a warm, moist compress for 10 minutes. These exercises should be mildly uncomfortable but not overly painful.

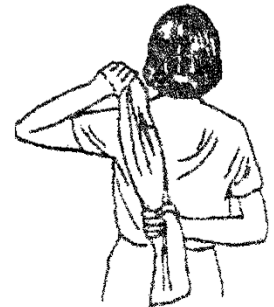
## Posterior Capsule Stretch

- Grasp the elbow with the opposite hand and pull the opposite arm across the body feeling a stretching sensation in the back of the shoulder.
- Hold position for 20 seconds and then release.
- Repeat for a total of 5 repetitions.



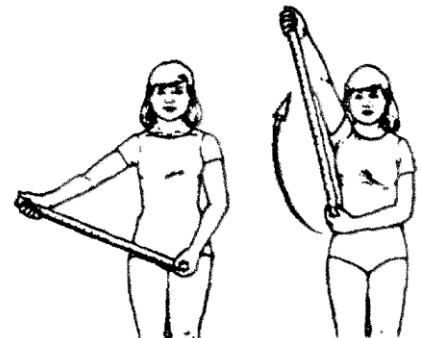
## Towel Stretch

- Grasp both ends of a rolled towel with the affected arm down.
- While pulling up with the upper hand, pull the lower hand up behind the back.
- Stretch and hold for 15-20 seconds then release.
- Repeat 5 repetitions.



## Cane Range of Motion

- Grasp both ends of a cane or 3-foot broom handle. The affected arm is the upper arm.
- Utilizing pressure from the “good” arm push the ROM of the affected arm.
- Push up as far as you can go and hold for 15-20 seconds and release.
- Repeat for 5 repetitions.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, Ho GWK, Lewis J. *100 Questions & Answers About Your Sports Injury*. Sudbury: Jones and Bartlett Publishers 2008.

*If you have any problems or questions,  
please call your doctor's office (8am-5pm).*

*Answering service for after hours.*

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