

Covenant Medical Group • Orthopaedics

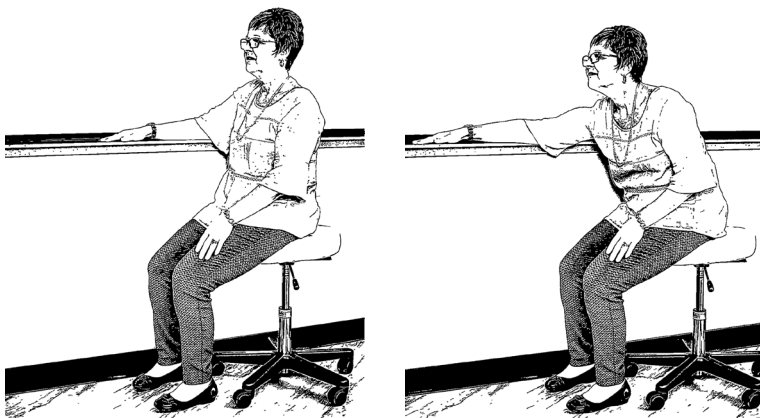
Colleen Linehan, MD • 900 Cooper, Suite 3100 • Saginaw, Michigan 48602 • 989.583.7450 Tel • 989.583.7452 Fax

SHOULDER STRETCHING

- Apply heat to shoulder before stretching.
- Hold each stretch for 10-20 seconds, then repeat for a total of 5 minutes.
- Repeat 5 times every day.

1. Table Slide

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



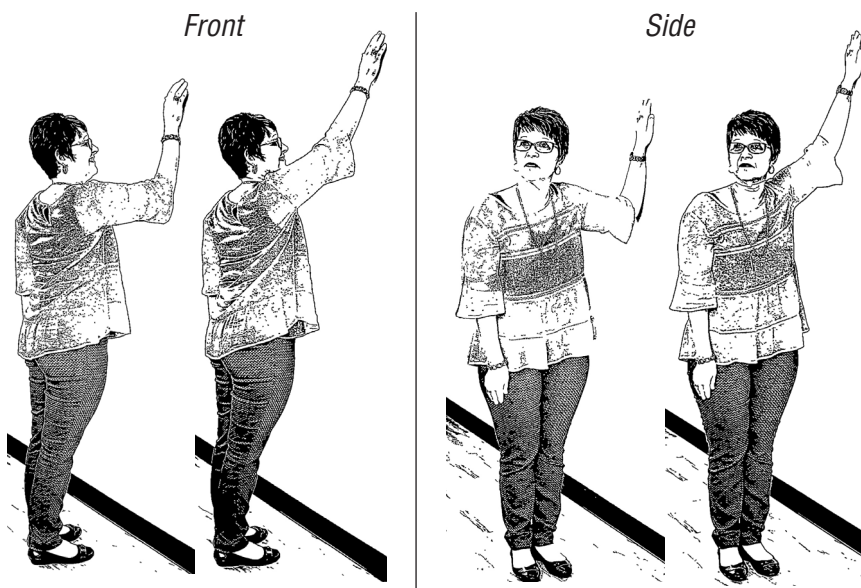
3. External Rotation

- Extend your hand out away from your body onto a door frame or cupboard.
- Push your shoulder forward and turn away from the door frame, stretching the front of your shoulder.



2. Wall Walks

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



4. External Rotation Stretch

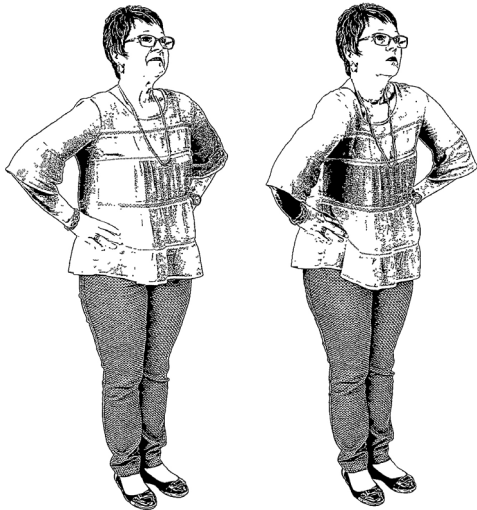
- Stand facing a corner.
- With your elbows at shoulder level, place your forearms against each wall.
- Lean into the corner until you feel a stretch across your chest.

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



5. Hands on Hips (internal rotation)

- Put your hands on your hips.
- Move your elbows forward and hold.



7. Elbow at Wall (internal rotation)

- Place elbow on wall at shoulder height, keeping your hand close to your chest.
- Using the opposite hand, apply downward pressure on hand.
- This stretches the back of your shoulder.



6. Cross-Body Stretch

- Stretch your arm across the front of your body at shoulder level.
- Keep your arm straight.



Scan the code or visit
www.covenanthealthcare.com/ch/patientexercises
to see video instructions for these exercises.

COVENANT
HealthCare