

Rotator Cuff Stretch



- This stretch can be performed seated or standing. Make sure you are upright and your back is straight
- Reach one arm (the side you want to stretch) across your body, in front of your chest, with your palm facing you.
- With the other hand grab your wrist and pull your arm gently in the direction you are reaching.
- Take 7 slow, deep breathes.
- You should feel the stretch increase as you inhale.
- The stretch should be felt on the outside/back of the shoulder.
- Repeat for the other side.