



# AHN

Sports Performance  
Physical Therapy

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## Sleeper Stretch



- 1) Start lying on your side, upper arm at a 90 degree angle with your torso. Head should be turned driving your chin into your shoulder in order to secure that joint onto the table.



- 2) Apply light pressure on your wrist with your other arm until you feel a mild stretch in the back of your shoulder. Coordinate the stretch with your breathing (if you stretch pre throwing) stretching as you exhale and relaxing as you inhale (x8-10 reps). If you stretch post throwing you can stretch and hold for 20-30s x 2-3 reps