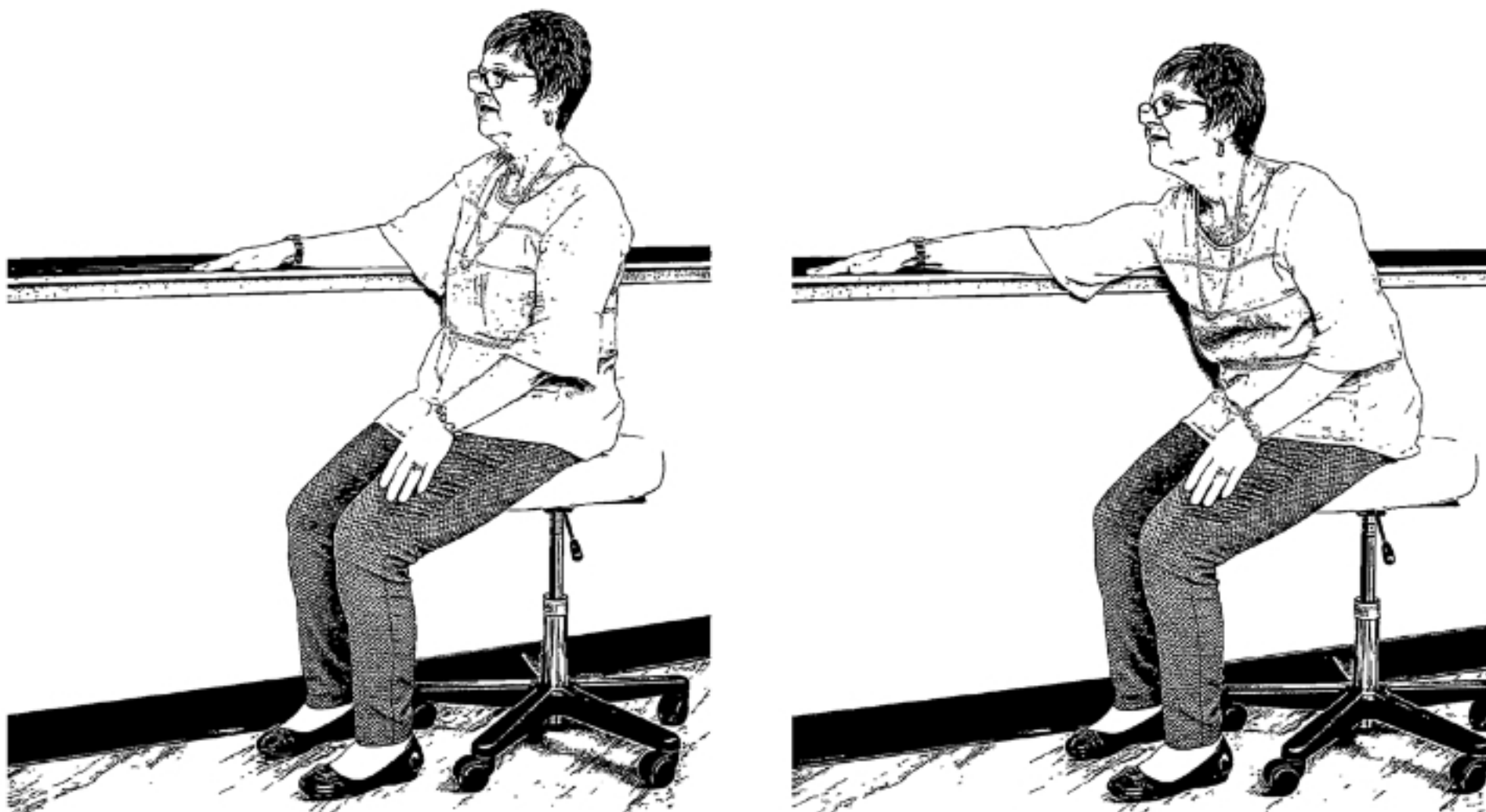


## SHOULDER STRETCHING

- 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.

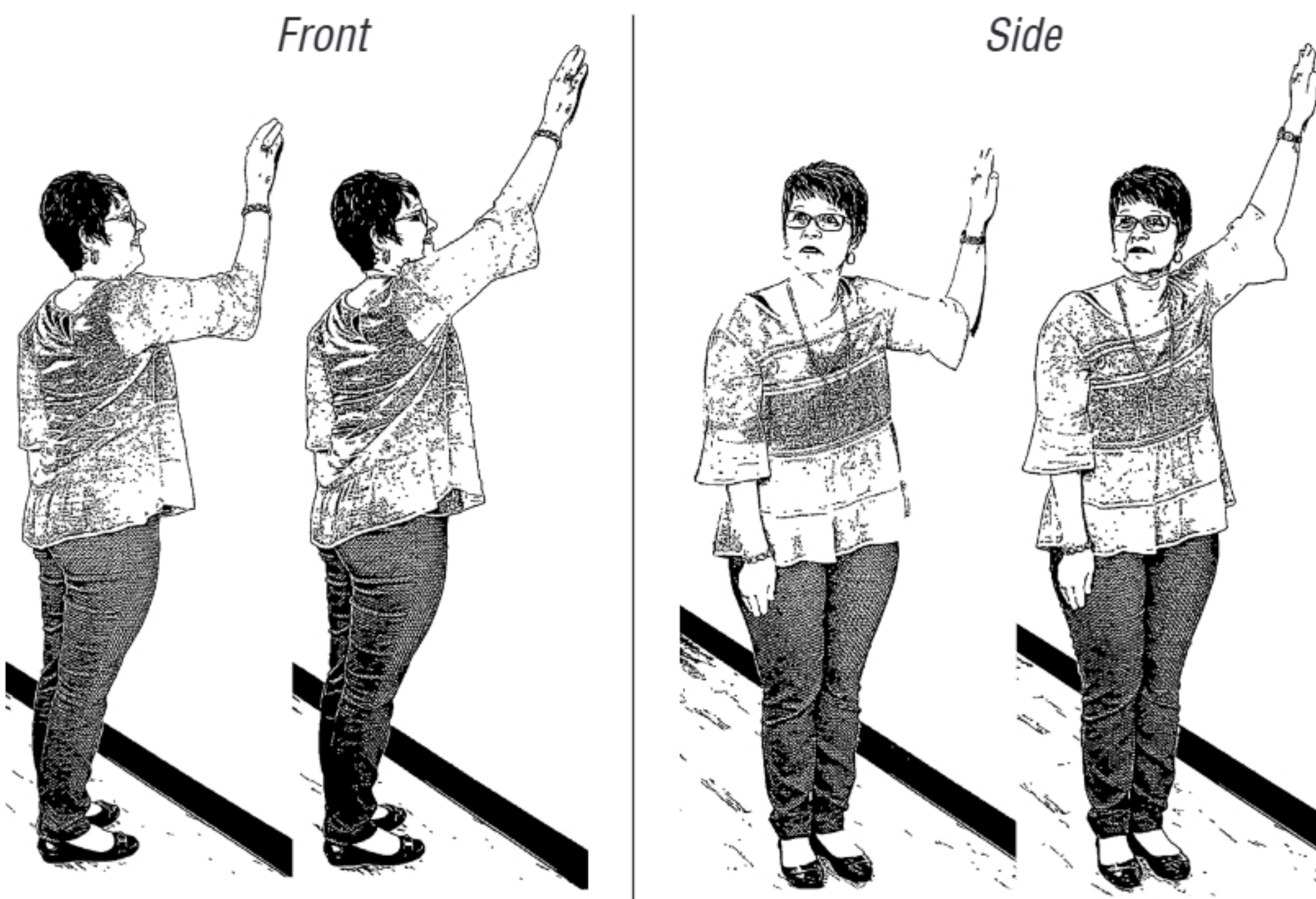
### 1. Table Slide

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



### 2. Wall Walks

- 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.



### 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.

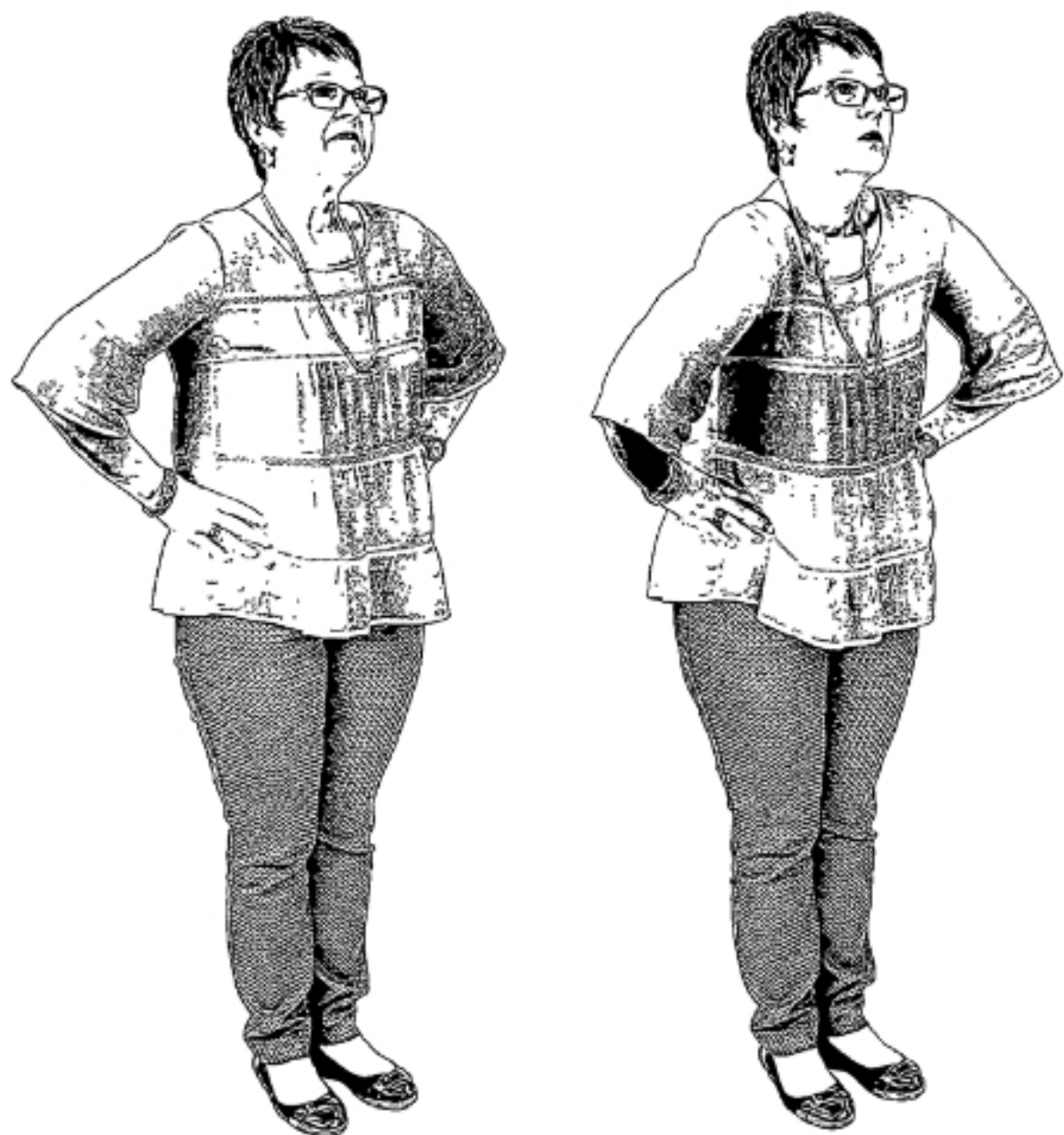
**Caution:** Keep your ears, shoulders and hips in line.





### 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.

