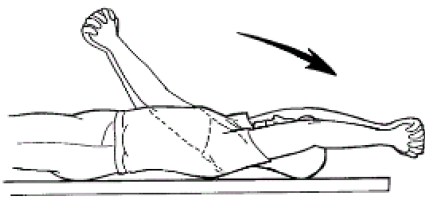
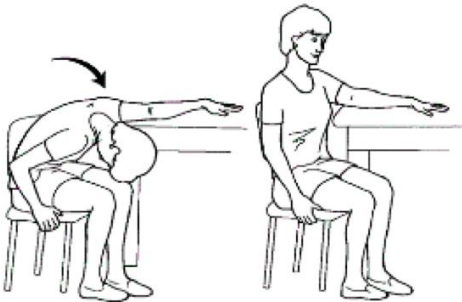



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General Guidelines:

- Attempt to hold each exercise, 30 seconds at time for 5 repetitions, 5 times per day. You may need to work up to this.
- Go to a position of discomfort, not pain. Minor discomfort is OK. PAIN IS NOT!
- Heat, cold, massage, and pain medications are all OK before and after exercises as prescribed.

 <p style="text-align: center; font-size: small;">©The Saunders Group Inc.</p>	<p><u>Forward Elevation Supine</u></p> <ul style="list-style-type: none">○ Lie on back as shown, but instead of clasping hands together as in the drawing, grab your left wrist with your right hand.○ Raise both hands overhead, so that you feel a stretch
	<p><u>Table Slide Forward Lean</u></p> <ul style="list-style-type: none">○ Sit in a chair with arm on table○ Bend forward in the chair, sliding the arm forward on the table, so that you feel a stretch○ Raise both hands overhead, so that you feel a stretch○
	<p><u>"Reaching Up" for Shoulder Flexibility</u></p> <ul style="list-style-type: none">○ Raise the hand stretch as high as you can. Grasp a stable surface, such as a bookcase or a doorframe, with the same hand.○ Keeping your arm straight, lower your body by bending your knees. Stop when you feel the stretch in the shoulder.○ Your back should remain straight. To enhance the stretch over time, try to bend your knees lower. Or, raise your arm higher at the start of the stretch.



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Sleeper Stretch

- Lie on your side. You may have your upper arm on a towel. You need to have a pillow under your head. Your shoulder and elbow are bent 90 degrees.
- Make sure you are lying directly on your side, not rolling back.
- Push your hand towards the floor with your other hand, keeping your elbow still.



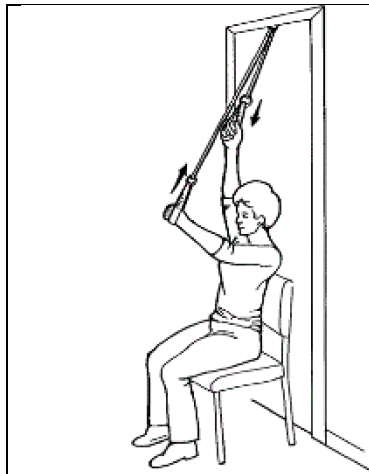
Cross-Body Adduction

- Put the hand from the side you want to stretch on your opposite shoulder. Your elbow should point away from your body
- With your other hand, push the raised elbow toward the opposite shoulder. Avoid turning your head. Stop when you feel the stretch.
- Be sure to push your elbow across your chest, not up toward your chin. Over time, try to push your elbow farther across your chest to enhance the stretch.



Internal Rotation Up the Back

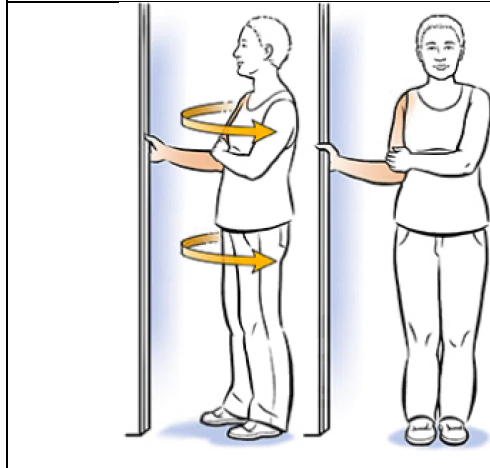
- While seated, move the arm on the side you want to stretch toward the middle of your back. The palm of your hand should face out.
- Cup your other hand under the hand that's behind your back. Gently push your cupped hand upward until you feel the stretch in the shoulder.
- Keep your back straight. It's OK if your hand can't reach the middle of your back. Instead, start the stretch with your hand as close as you can get it to the middle of your back.



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Over the door pulley

- Sit in a chair with pulley assembled as shown
- Raise the arm overhead pulling down on the pulley with the other hand for assistance, so that you feel a stretch



External Rotation with Door Stretch

- Stand in a doorway. Grasp the doorjamb with the hand on the frozen side. Your arm should be bent
- With the other hand, hold the elbow on the side with the involved shoulder firmly against your body.
- Rotate your body away from the doorjamb. Stop when you feel the stretch in the shoulder.
- Keep your arms as still as you can. Over time, rotate your body a little more to enhance the stretch. But be careful not to twist your back