

Shoulder Stretches & Exercises

Will do one or two of these exercises to start - 10 repetitions 4-6 x per day. If full range of motion is obtained or can be done without pain may move on to next exercise on list.

Posture of the spine can affect the shoulders. This is especially true of the upper back or spine - in between the shoulder blades.

Try this - shoulder flexion while seated and slumped versus seated with excellent posture.



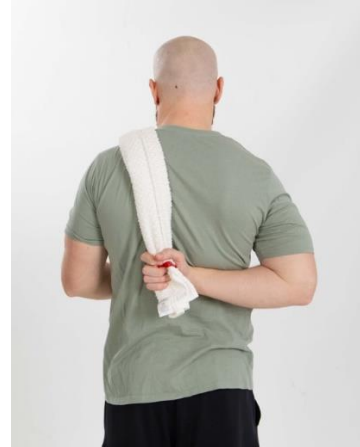
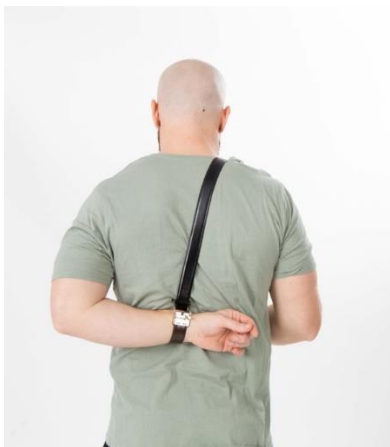
Also shoulder flexion while standing slumped and standing with good posture. You will see why we emphasize the need for good posture.

Exercises

1. Shoulder extension - Booyah Stik. Also, may use your other arm, or use counter or chair back.



2. Shoulder internal rotation. Put affected arm (shoulder) behind back and try to slide hand up back-to assist may use belt, Booyah Stik, or opposite arm.



3. Shoulder flexion in lying - hands clasped. Or use Booyah Stik.



4. Scrub the wall. Use towel. Pain-free range.



5. Shoulder Flexion (Statue of Liberty Progressive) Booyah Stik



6. Tennis ball into trap, posterior deltoid, or latissimus dorsi, can get stiff, overstretched, and brittle. Roll tennis ball back and forth over muscle.



7. ADVANCED – The Chicken Wing is not to be done on loose, lax, or hypermobile shoulders. Also, it is not to be done on someone with osteoporosis.



Shoulder Hanging: Use pullup bar, beam, hanging handles.



This is based on the work of Dr. Kirsch. You can try hanging before, after, or during our stretch program.

Shoulder Pain? The Solution & Prevention, Revised & Expanded by John W. Kirsch

