

UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD



Place one hand behind your back and gently pull your head towards the opposite side...finger in your ear....rotate your chin towards the ceiling GO TO THE POINT OF 'PULL', NOT ;PAIN'...EASY OFF RATHER THAN QUIT THE STRETCH. Video # VVUDY3AES

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day



DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jam and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway. Video # VVXV7ZRP4

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day



INTERNAL ROTATION TOWEL STRETCH - IR TOWEL

Gently, CAREFULLY, pull up your affected arm behind your back with the assist of a towel. Go to the point of 'pull', not to the point of 'pain'. Video # VVWDK2YPY

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day

WAND FLEXION - SUPINE

Lying on your back and holding a wand or cane, slowly raise the wand towards overhead. Use your unaffected arm to assist with the movement.



Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 2 Times a Day