These exercises are to stretch your stiff shoulder. Do each stretch slowly and gently to prevent soreness. If you do have soreness, it should go away within 15 minutes. Breathe slowly and deeply with each stretch. Try to go further each time.

**Repeat each stretch 10 times, 2 times each day. Hold each stretch for 10 to 30 seconds.**

### Overhead Reach
- Lie flat on your back. Grasp the wrist or elbow of the stiff shoulder with your other hand. Relax your stiff shoulder.
- Lift the stiff arm up as far as feels comfortable.
- Hold it for 10 seconds at first. With time, you can work up to holding for 30 seconds. Try to go higher each time.

### Forward Lean
- Sit beside a table, counter, or other surface with your arm resting comfortably on it in front of you. Your palm is facing down.
- Lean forward, using the table or surface to gently stretch the arm forward.

### External Rotation
External rotation of the arm is turning the arm out to the side, while your elbow stays close to your body. This is best done lying on your back.
- Lying on your back, hold a cane, broom handle or other long stick in your hands.
- Using gentle force, push the hand of your stiff shoulder out away from your body. Continue as far as it will go comfortably.
External Rotation Using Door Frame
- Stand next to a fixed object that you can hold on to, such as a closed door or door frame.
- Keep your upper arm by your body, elbow bent at a 90 degree angle.
- Holding onto the door handle or frame, turn your body slowly away until you feel the stretch in the front of your shoulder.
- Gently lean into the stretch.

Internal Rotation
Reaching up your back is called internal rotation of the shoulder. Internal rotation can be the hardest and slowest movement to come back, so be patient.
- Hang the towel behind your back with your strong side. Grab the end of the towel with the hand of your injured shoulder by your lower back.
- Gently pull up with your strong side, stretching your weak shoulder. Work up to the longest comfortable stretch for a count of 10 to 30 seconds.

Alternative: Hold a fixed object behind you (like a pole) with your hand as high up your back as it will comfortably reach. Then, bend your knees to feel a gentle stretch.

Posterior Capsule
- Grasp the elbow of your stiff shoulder in the opposite hand and pull it across, toward the opposite shoulder.
- Work up to holding the longest comfortable stretch for 10 to 30 seconds.