



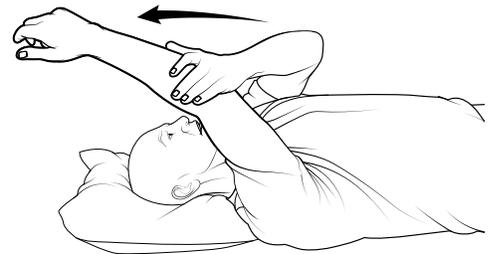
Exercises to Stretch Your Shoulder

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. Be sure to let your muscles fully relax during each stretch.

Repeat each stretch 10 times and do them 2 times each day.

Overhead Reach

- Lie flat on your back. Relax and grasp the wrist or elbow of the tight shoulder with your other hand.
- Using your other arm, bring 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 with each reach.



Forward Lean

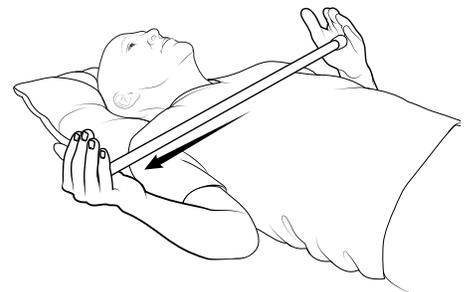
- Sit beside a table, counter, or other surface with your arm resting on it in front of you, palm facing down.
- Lean forward, using the table or surface to gently stretch the arm forward.
- Hold this for a count of at least 10 seconds.



External Rotation

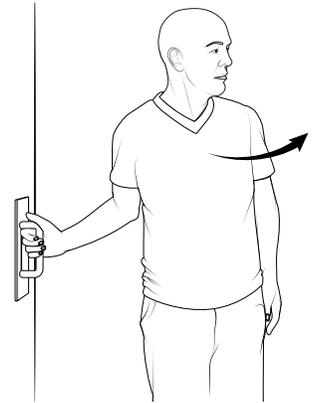
External rotation of the arm is turning the arm out to the side, while your elbow stays close to your body. This is best done lying on your back.

- 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 as far as it will go comfortably.
- Hold it there for a count of 10 seconds.



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.
- Holding onto the door handle or frame, turn your body slowly away until you feel the stretch in your shoulder.
- Gently lean into the stretch.
- Hold this for a count of at least 10 seconds.



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.

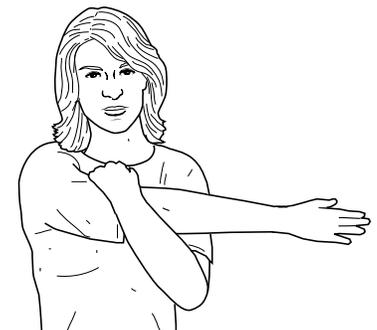
- Hang the towel behind your back, holding it by the back of your head with your strong side. With your stiff side, grab the end of the towel at your lower back.
- With your strong side, gently pull the towel up your back, stretching your weak shoulder. Work up to the longest comfortable stretch for 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. Hold for 10 to 30 seconds and repeat 10 times.

Reaching Across the Body

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



Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.