

## Terminal Stretches

*Hold each stretch 30-60 seconds, repeat 3-5 times, and perform 3-4 times per day. Frequent and painfree stretching is most effective.*

### Door Jam Series

Place hand in door jam. Keep elbow at 90 degrees and tucked at your side. Slowly rotate your body away from your hand. Progressively increase to varying degrees of abduction. This last position looks like you are hanging from the door frame. Be sure to support the weight of your body with your legs and not the shoulder.



### Towel Internal Rotation

Use a towel for extra leverage. Start with involved hand on the back of your thigh. Slowly pull the involved hand up the center of your back. Keep your back straight. For a longer stretch, you can walk around with your hand in your back pocket.



### Cross Arm Stretch

Put involved hand on opposite shoulder. Use your other hand to pull the elbow across the body until you feel a good stretch on the back of your shoulder.



### Sleeper Stretch

Lie on your involved side, with the arm abducted to 80-90 degrees, and elbow bent to 90 degrees. Rotate your forearm and hand so that your palm approaches the floor. You should feel a stretch in the back of the shoulder. If needed, use your chin to stabilize your shoulder. Avoid impingement pain.



### TV Watching Stretch

Lay with your hand behind your head or on your forehead, and relax elbow out to side. You can use pillows under your elbow for support until it is gradually able to rest on the floor or bed.



### 90/90 External Stretch

Stand in a door frame with feet staggered. Place your hands comfortably on the frame so that your elbows are 90 degrees from your body. Slowly lower your body by bending your knees. Your body weight should be supported by your legs and not your shoulders.

