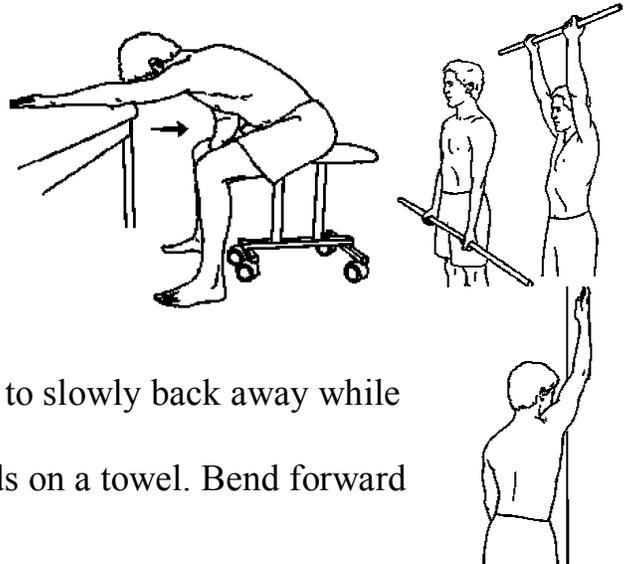


## Home Exercise Program for Shoulder Stretching

Often a single therapy session can be helpful to teach patients how to do these exercises. Dr. Chalmers recommends heat before exercises and ice afterwards. Most patients using a home exercise program should perform their exercises 3-4 times per day, performing three sets of ten repetitions.

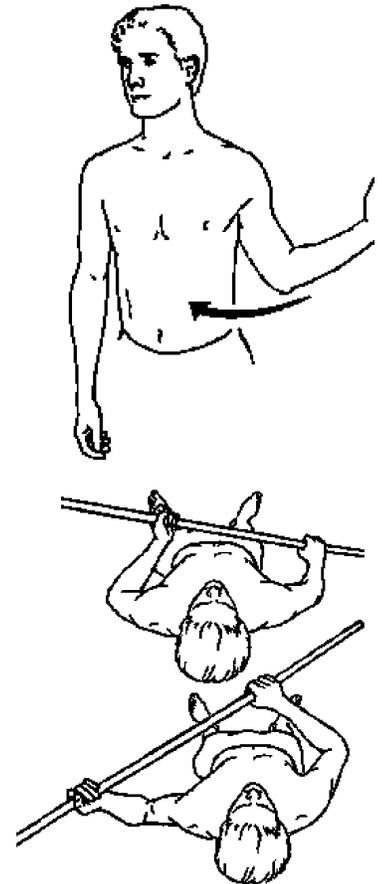
### Flexion

- Pick the one that works best for you:
  1. Wall climbs: Use your hand to crawl up the wall, progressively increasing flexion. Lean against the wall when you feel resistance.
  2. Pulleys: With a rope pulley hung over a door use the non-stiff shoulder to raise the stiff shoulder.
  3. Sinks: Hook your hand around a sink and then to slowly back away while leaning farther forward.
  4. Table slides: Begin seated and place your hands on a towel. Bend forward and push the towel along the table top.



### External rotation

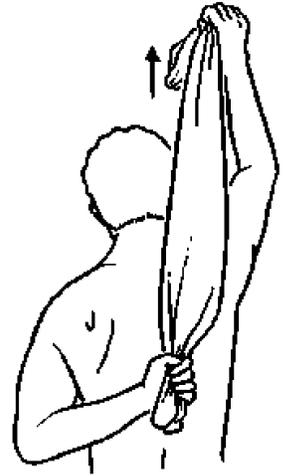
- Pick the one that works best for you:
  1. Stand in a doorway facing the doorframe with your hand hooked around the doorframe. Slowly turn your body to rotate the forearm outward. Keep your elbow at your side and your shoulders square.
  2. You can also perform this stretch using a cane, meter stick, golf club, or baseball bat. Use the non-stiff shoulder to rotate the stiff shoulder outward. Keep your elbow at your side.



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## **Internal rotation**

Stretch the shoulder in internal rotation using a cane, meter stick, golf club, or baseball bat behind your back with the non-stiff shoulder pulling hand on the stiff shoulder higher and higher up the back.



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## **Cross-body adduction**

Cross your arm across your body. Use the non-stiff shoulder to pull the stiff arm towards your chest. You should feel a stretch in the back of the shoulder.

