



Sports Medicine

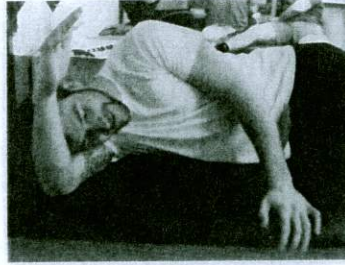
Shoulder Stretching Program

Before starting program:

Warm up of choice.
10 min. heat pack
Bike or light jog to a break sweat.

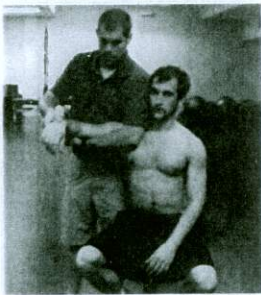
Repeat all stretches 2-5 times
Hold for 3-5 seconds
Keep back straight
Keep head forward

1. Sleeper Stretch:



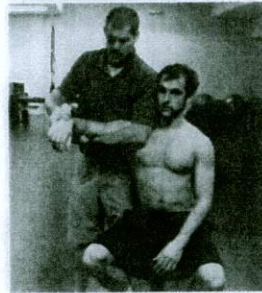
Lie on side with shoulder & elbow at 90°.
Push wrist towards the table attempting to touch table with palm of hand.

2. Internal Rotation:



Abduct shoulder to 90°, externally rotate 90°.
Keep elbow at 90°.
Stabilize scapula & GH joint.
Apply downward pressure to wrist.

3. External Rotation:



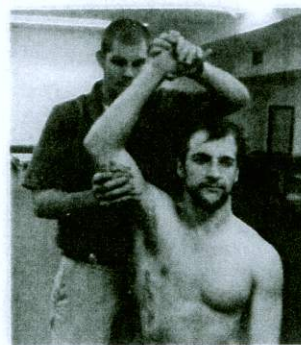
Abduct shoulder to 90°, externally rotate 90°.
Keep elbow at 90°.
Stabilize scapula & GH joint.
Pull wrist posteriorly.

4. Horizontal Adduction:



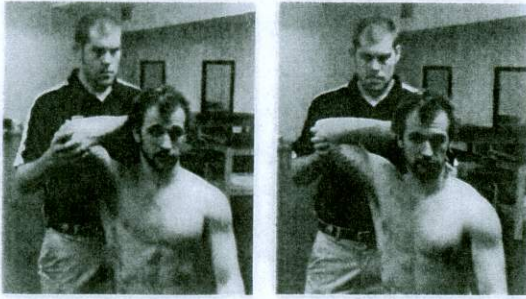
Horizontally adduct shoulder, keep elbow at 90°.
Bring arm across face.

5. Shoulder Flexion:



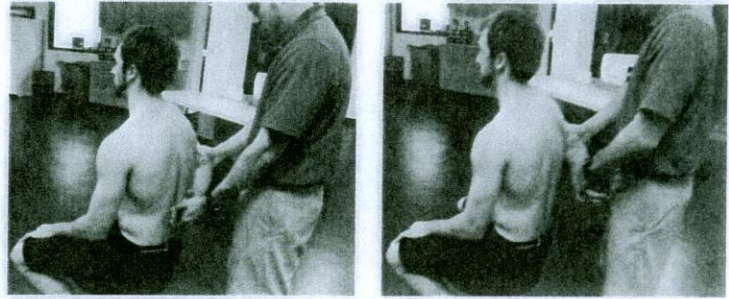
Bring shoulder into complete flexion with elbow bent.
Stabilize scapula. Pull elbow posteriorly.

6. Anterior Capsule:



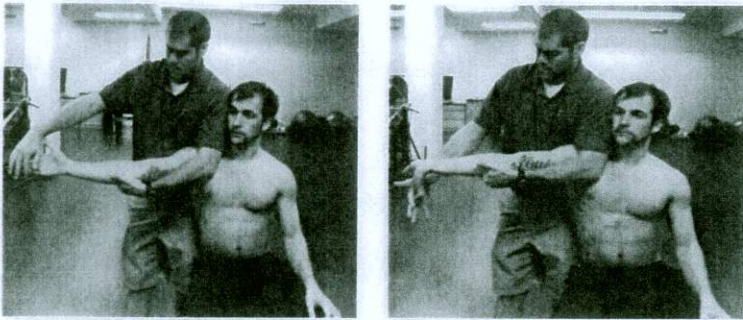
Place hand on back of head, stabilize scapula.
Pull elbow posteriorly

7. Scapula Lift Offs:



Place dorsal surface of hand on mid-back.
Lift hand off of spine

8. Forearm Stretch:



Extend and support elbow.
Push fingers to dorsal surface of hand

9. Pectoralis Stretch:



Lay on bolster between scapulae. Apply downward pressure to elbows.
Stretch should be felt in chest and not in shoulders.

10. I-Y-T's & Bent T's:

Make the letter "I"

Make the letter "Y"

Make the letter "T"



Keep chest on table while creating letters.
Keep thumbs up, elbows straight on "I" "Y" "T".

Create a "Bent T"

Keep palms down, elbows at 90° on "Bent T"

