

# General Shoulder Stretching Program



PLACE YOUR HANDS AT SHOULDER HEIGHT ON EACH SIDE OF THE DOOR JAM. LEAN FORWARD AS ILLUSTRATED TO OBTAIN A GENTLE STRETCH IN THE CHEST. DON'T BOUNCE. THE STRETCH SHOULD BE SLOW AND CONTINUOUS.

**Repeat:** 3 times

**Hold Time:** 20 secs

**Sessions:** 2 /day



USING A TOWEL, PULL THE ARM UP THE BACK AS ILLUSTRATED.

**Repeat:** 3 times

**Hold Time:** 20 secs

**Sessions:** 1 /day



PULL YOUR ARM ACROSS YOUR BODY GENTLY OBTAINING A STRETCH IN THE BACK OF THE SHOULDER.

**Repeat:** 3 times

**Hold Time:** 20 secs

**Sessions:** 1 /day



RAISE YOUR ARM UP AND PLACE YOUR HAND BEHIND YOUR HEAD. PULL THE ELBOW TOWARD THE HEAD AS ILLUSTRATED TO FACILITATE THE STRETCH.

**Repeat:** 3 times

**Hold Time:** 20 secs

**Sessions:** 1/day