



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY
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Shoulder Stretches

As with any stretching program you may feel some discomfort, but should not experience pain. Repeat the following exercises 3-5 times each. These exercises should be performed several times throughout the day, every day.

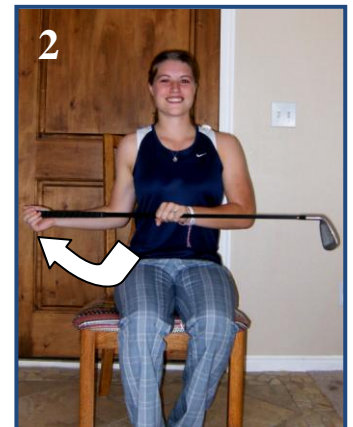
- Table Slides
 - Begin in a seated position at the edge of the table, place your hands on a towel, and slowly reach forward until you feel a nice stretch in your shoulder.
 - Hold this position for 15-20 seconds then relax and return to the beginning position



- Wall Climb
 - Begin with your hand on the wall in front of you and slowly walk your hand up the wall.
 - After you feel a good stretch hold the position for 15-20 seconds and then walk down to the beginning position and repeat.

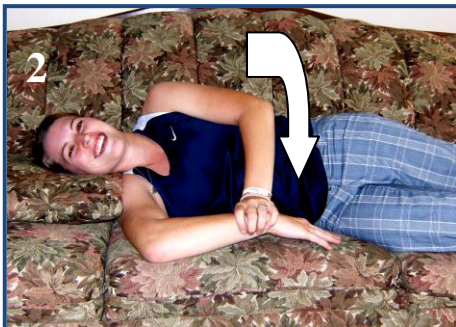


- External Rotation
 - Begin with the affected arm at your side, with your elbow bent at 90 degrees. Your arm should be in a neutral position (pointing straight forward, with the thumb up).
 - Grab a golf club, or a broom handle, and place the end in your affected hand.
 - Holding the shaft with your other hand slowly rotate your affected hand away from your body while keeping your elbow at your side. Once you feel a good stretch hold it (15-20 seconds), then slowly return to the beginning position and repeat.



❑ Sleeper Stretches

- Begin by laying on the affected side's shoulder. Place your affected arm out in front of you with the elbow at shoulder height. and bend your elbow up to a 90° angle.
- Slowly rotate your arm down towards the ground.
- You should begin to feel a stretch in the back of your shoulder. Once you do, hold that position, and then slowly return back to the starting position.
- This exercise should be done with the arm at shoulder level, slightly above shoulder level, and slightly below shoulder level. Hold each stretch for 15-20 seconds. Perform 3-5 repetitions at each position.



❑ Internal Rotation Stretch

- Begin with your affected extremity behind your lower back.
- With your other arm lower a golf club, or towel, behind your head until you are able to grab it with the affected extremity.
- Gently pull the affected extremity up your back until you begin to feel a stretch.
- Hold for 15-20 seconds and then slowly return to the beginning position and repeat.

