

1



SIDELYING INTERNAL ROTATION STRETCH - IR SLEEPER STRETCH

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed for an inward stretch.

Repeat 4 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

Hold, relax and repeat.

4



Rhomboid Doorway Stretch

In a doorway with a frame, anchor your hands in a cross-over manner so your right hand is on the left of the door frame and your left hand is on the right of the door frame.

Then push your upper back backwards, tucking your head gently to achieve a stretch in the neck and upper back.

Repeat 4 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

2



DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jam and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

Repeat 4 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

5



ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

Repeat 10 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 1 Time(s) a Day

3



INTERNAL ROTATION TOWEL STRETCH - IR TOWEL

Gently pull up your affected arm behind your back with the assist of a towel

Repeat 4 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 1 Time(s) a Day

6



Prone Scapular Retraction

With arm hanging off table, pull shoulder blade in and up

Repeat 10 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 1 Time(s) a Day

7



IYT

I, Y, T (standing)

Standing with resistance, bring arm up to shoulder height, then repeat in scaption and abduction planes.

Repeat 10 Times
 Hold 1 Second
 Complete 3 Sets
 Perform 1 Time(s) a Day

8



SCAPULAR PROTRACTION - FREE WEIGHT - SERRATUS PUNCHES

Lie on your back holding a small free weight or soup can with your arm extended out in front of your body and towards the ceiling. While keeping your elbow straight, protract your shoulders forward towards the ceiling and then lower back down in a control motion.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day

Do not allow your shoulder to raise towards your ears.

Keep your elbow straight the entire time.

9



DUMBBELL - BICEP CURLS - SEATED

While sitting down in a chair, hold a small free weight / dumbbell so that your elbow is straight and your palm is pointed forward.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day

Next, bend your elbow and lift up the free weight. Do not rotate your forearm so that your palm is pointed upward at the peak of the elbow bend. Lower back down and repeat.

10



ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 1 Time(s) a Day