

# SHOULDER STRETCHING PROGRAM

Use this injury prevention program to help increase shoulder range of motion and . This program should be completed *once daily, 3 – 5 times per week* for best results.



## SLEEPER INTERNAL ROTATION STRETCH // Sets: 1 | Reps: 7 | Hold: 15 seconds

STEP 1

STEP 2



### Setup

Begin by lying on your side with your bottom arm bend upward at a 90° angle.

### Movement

With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

### Tip

Make sure not to let your body roll forward or backward during the exercise.

## STANDING SHOULDER EXTERNAL ROTATION STRETCH w/ STRAP // Sets: 1 | Reps: 7 | Hold: 15

STEP 1

STEP 2



### Setup

Begin standing upright, holding the ends of a towel or stretch strap hand, with one arm behind your head and the other behind your back.

### Movement

Slowly straighten your bottom arm, gently pulling downward on the towel until you feel a stretch in your top arm. Hold this position.

### Tip

Make sure to maintain an upright posture and keep your neck relaxed during the exercise.

## STANDING SHOULDER INTERNAL ROTATION STRETCH w/ STRAP // Sets: 1 | Reps: 7 | Hold: 15

STEP 1

STEP 2



### Setup

Begin standing upright, holding the ends of a towel or stretch strap hand, with one arm behind your head and the other behind your mid to low back.

### Movement

Slowly straighten your upper arm, gently pulling upward on the towel until you feel a stretch in your top arm. Hold this position.

### Tip

Make sure to maintain back straight during the exercise.

## STANDING SHOULDER INTERNAL ROTATION STRETCH w/ STRAP // Sets: 1 | Reps: 7 | Hold: 15

STEP 1

STEP 2

STEP 3



### Setup

Begin standing upright in the center of a doorway.

### Movement

With your elbow bent, place your forearm on the side of the doorway at a 90° angle from your side. Then, take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

### Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

# SHOULDER STRETCHING PROGRAM

Use this injury prevention program to help increase shoulder range of motion and . This program should be completed *once daily, 3 – 5 times per week* for best results.



## STANDING BICEP STRETCH // Sets: 1 | Reps: 7 | Hold: 15 seconds



### Setup

Begin standing upright facing a wall. Raise your arm to shoulder height and place your hand on the wall, with your palm facing down.

### Movement

Slowly bend your wrist, then gently press your hand into the wall and slightly rotate your shoulders away until you feel a stretch in your upper arm. Hold here for 15 seconds.

### Tip

Make sure to keep your neck and shoulder relaxed and do not move through pain during the exercise.

## STANDING SHOULDER POSTERIOR CAPSULE STRETCH w/ STRAP // Sets: 1 | Reps: 7 | Hold: 15



### Setup

Begin standing upright.

### Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gently pressure until you feel a stretch.

### Tip

Make sure to maintain an upright posture during the exercise.

## CHILD'S POSE STRETCH w/ SIDEBENDING // Sets: 1 | Reps: 7 | Hold: 15 seconds



### Setup

Begin on all fours.

### Movement

Sit your hips back as you reach your hand forward and to the side. Then, continue to sink further into the stretch. Hold, then repeat to the other side.

### Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.