



Family Care Plus Physical Therapy and Wellness
G-2037 South Center Road, Suite A
Burton, Michigan 48519

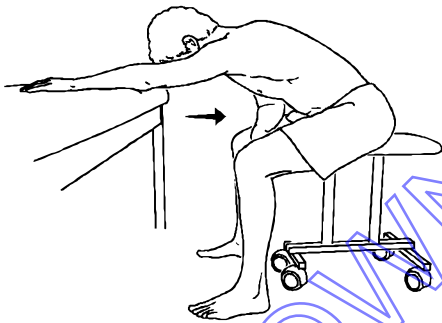
Created By: Sachin Desai, PT
E-Mail: info@familycarepluspt.com
Phone: (810)743-7950

Stretching Exercises Tips:

- Monitor your symptoms at the start of exercises.
- Start slow and with less force.
- If you get too sore, back off number or reps, sets, and resistance.
- Work on good postural habits.

*Sample stretching exercises for your shoulder.

SHOULDER - 7 ROM: Flexion

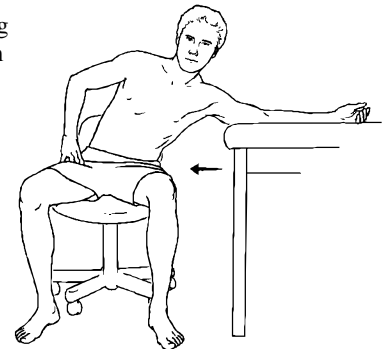


Keeping **right** arm on table, slide body away until stretch is felt. Hold 10 seconds.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

SHOULDER - 9 ROM: Abduction

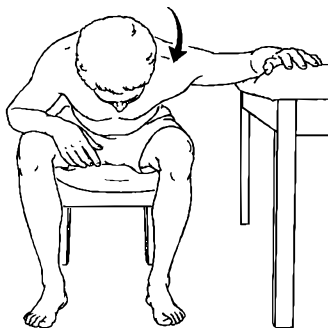
With **right** arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table.
Hold 10 seconds.



Repeat 10 times per set.
Do 3 sets per session.
Do 3 sessions per day.

SHOULDER - 10 ROM: External Rotation

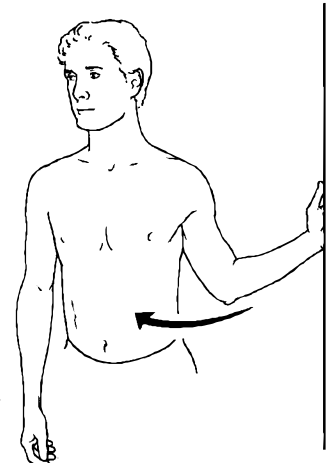
Keeping **right** forearm palm down on table, bend forward at waist until stretch is felt.
Hold 10 seconds.



Repeat 10 times per set.
Do 3 sets per session.
Do 3 sessions per day.

SHOULDER - 11 ROM: External Rotation (Alternate)

Keep palm of **right** hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt.
Hold 10 seconds.



Repeat 10 times per set.
Do 3 sets per session.
Do 3 sessions per day.