

SHOULDERS:

Patient Stretch and Exercise Guide

Shoulders stretching should be done with slow and smooth motions. Remember to warm up with gentle stretching before attempting these exercises. Stop if you feel discomfort.

Be sure to consult with Dr. Leipold before attempting any of these stretches. Always remember to warm up before attempting any stretch! Also, it's important to not rush the stretching process. Take your time with each stretch, making deliberate motions, and be sure to follow the exact motions of the stretch in the following diagrams.

Contact Dr Leipold's office at if you have problems or questions. You can reach the front office by dialing 828-575-9631.



Deltoid Strength



Holding light weights in your hands, raise your hands into the position shown on the left. Slowly straighten your arms over your head and return to the starting position.

Shoulder Flexion



Stand facing the wall. Make a fist and push your fist into the wall. Hold for 5 seconds then relax

Shoulder Extension

Stand with your back against the wall and your elbow bent. Push the back of your arm into the wall. Hold for 5 seconds then relax.



Push-Ups



Lying on the ground with your hands shoulder width apart, slowly straighten your arms to push yourself up off the ground.

External Rotation



Stand next to a doorway with your arm at your side and elbow bent at 90 degrees. Place the top of your hand on the doorframe and push your hand into the wall trying to twist away from your belly button. Hold for 5 seconds then relax.

Supraspinatus

Start with your arm at your side with a very light weight in your hand. Keeping your arm straight, raise your arm away from your side. As you do this, keep your thumb facing down. To best isolate the supraspinatus, your arm should be raised 30 degrees away from your body. Slowly raise your arm to just below shoulder level, then slowly bring it back to your side.



Overhead Stretch



Stretch out your arms in front of you and place your hands on the ground or wall. Gently lean your head down between your arms. Hold for 15 seconds and

Internal Rotation

Stand next to a doorway with your arm at your side and elbow bent at a 90 degree angle. Place your hand on the door frame and push your hand into the frame as though trying to twist it in toward your belly button. Hold for 5 seconds then relax.



Triceps Stretch



Reach one arm above your head with elbow bent. Use your other hand to take hold of your bent elbow. Gently pull your elbow backwards until you feel a gentle stretch down the back of your arm

Elbow Stretch

Reach one arm across the front of your chest. Use your other hand to take hold of the elbow. Gently pull your elbow backwards until you feel a gentle stretch. Hold for 15 seconds then relax. Repeat with other arm.



Shoulder Rolls

Start with arms hanging loosely at your sides. Roll your shoulders forward, then up towards your ears, and then back as you pull your shoulder blades together. Relax back to the starting position and repeat.



Pectoral Stretch



Standing in a doorway, place your forearms along the side of the frame. Push your chest out through the doorway until you feel a light stretch throughout your chest. Hold for 15 seconds and relax.

Pendulum Swings



Lean forward supporting yourself with one arm. Let your other arm hang down. Allow your hanging arm to start swinging in small circles. Progress to larger and larger circles. As your shoulder strengthens, this exercise can be performed holding a light weight.

Shoulder Sawing



Stand with your arm at your side and your elbow bent. Slowly bring your arm forward and backward in a sawing motion.