

Shoulder – Static Progressive Stretching

Exercise Instructions

Post Fracture/Post Surgery



Now that you've got a range of motion and strengthening program underway, it is important to stretch further to maximize your available range of motion.

You may have some initial discomfort with these exercises, but they should not be painful.

Perform 3-4 times daily.

It is recommended that you apply ice to the area for 10 minutes after you exercise.

If you encounter any problems please notify your doctor or physiotherapist.

1. Flexion stretch on wall

Stand facing wall, the hand of the arm to be exercised is holding a towel against the wall. Slide arm up the wall as high as you can. Hold 20 secs. Push a little further. Hold 20 secs. Push a little further. Hold 20 secs. Relax. Repeat ____ time, ____ sets.



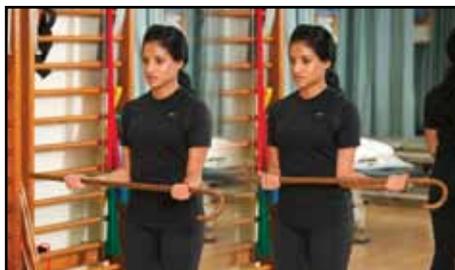
2. Abduction stretch on wall

Stand sideways to the wall, the hand of the arm to be exercised is holding a towel against the wall. Slide arm up the wall as high as you can. Hold 20 secs. Push a little further. Hold 20 secs. Push a little further. Hold 20 secs. Relax. Repeat ____ time, ____ sets.



3. ER with cane

Stand with a stick in hands, palms up and elbows bent tucked into waist. Push the arm to be exercised outwards, keeping the elbow into the waist. Repeat ____ times, ____ times a day.



4. ER using the wall

Stand at the corner of a wall, the hand of the arm to be stretched is against the wall. Turn the body away from the hand until a stretch is felt in the shoulder. Hold for ____ seconds, repeat ____ times..



5. IR with a towel

Stand with a towel over your non-injured shoulder and the hand to be stretched resting on your low back, palm facing outward. Pull the towel up, bringing the hand up as high as you can, holding for ____ seconds, repeat ____ times.



6. Posterior capsule stretch

Stand with the hand of the arm to be stretched on the opposite shoulder. Grasp that elbow with opposite hand, pulling the arm up and across the body until a stretch is felt. Hold ____ seconds, repeat ____ times.



7. Sleeper stretch

Lie down on the side of the arm to be stretched. Bring that arm out to shoulder height with the elbow bent. Push the hand down towards the ground or chest with the opposite arm until a stretch is felt. Hold 20 secs. Push a little further. Hold 20 secs. Relax. Repeat ____ time, ____ sets.

