

## UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD



Place one hand behind your back and gently pull your head towards the opposite side...finger in your ear....rotate your chin towards the ceiling GO TO THE POINT OF 'PULL', NOT ;PAIN'...EASY OFF RATHER THAN QUIT THE STRETCH. Video # VVUDY3AES

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day



## 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.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway. Video # VVXV7ZRP4

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day



## INTERNAL ROTATION TOWEL STRETCH - IR TOWEL

Gently, CAREFULLY, pull up your affected arm behind your back with the assist of a towel. Go to the point of 'pull', not to the point of 'pain'. Video # VVWDK2YPY

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day

### WAND FLEXION - SUPINE

Lying on your back and holding a wand or cane, slowly raise the wand towards overhead. Use your unaffected arm to assist with the movement.



Repeat 10 Times

Complete 1 Set

Hold 5 Seconds

Perform 2 Times a Day

### CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor. You can modify the stretch by placing your hands to slightly to the right or left. Video # VV8QWGRE2



Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 2 Times a Day

### Standing QL stretch

Standing with one foot in front of the other, place your hand on your hip. Raise your other arm over your head and hold onto a door frame (not shown in picture). Then shift your hips away from the door frame.



Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 2 Times a Day



### Mid-thoracic stretch

Clasp hands together and reach forward, turning your palms outward (not shown in picture). Bend the head down, pointing your nose to your belly button. Then gently modify the stretch by reaching up, down, to the left or to the right with your hands.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 2 Times a Day