



sleeper Stretch

Start by lying flat on your back, then roll onto the involved shoulder as seen in the pic on the left.

Make sure your shoulders are perpendicular to the floor. Apply a light-moderate force at wrist of involved arm using uninvolved arm. Gently push as to bring involved palm down towards ground.

There should NEVER be sharp or burning pain, if so your are using too much force or your shoulders are not perpendicular.

Repeat 5 Times

Hold 20 Seconds

Complete 1 Set

Perform 3 Times a Day



Starting Position for Sidelying Genie Stretch

Lie on your side with your elbow pointing straight away from your body and your hand pointing to the ceiling.

With your opposite hand cross over top of the arm and grab the top side of the elbow on the table. Your arms should be stacked on top of each other with your elbows blocking your hands and your arms stacked like a genie.

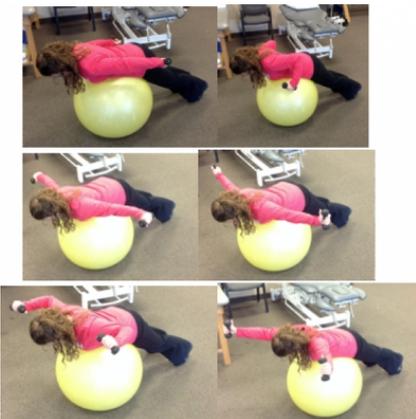
At this point, use your un-involved arm to pull your injured shoulder off the mat until you feel a stretch on the OUTSIDE of your shoulder

Repeat 5 Times

Hold 20 Seconds

Complete 1 Set

Perform 3 Times a Day



PRONE Scap

Start prone over a ball, with or without weight keeping shoulder blades retracted:

1. Extend arms straight back with palms toward the ground / I's
2. Horizontal abduction with palms down / T's □
3. Shoulder scaption / Y's
4. Prone W's

Repeat 10 Times

Hold 2 Seconds

Complete 3 Sets

Perform 1 Times a Day