



LAT DOORWAY STRETCH - LATISSIMUS DORSI

Reach overhead and hold a wall in a doorway as shown. Then bend your knees and at the waist for a stretch to your shoulder and back.

To increase the intensity of the stretch, slightly rotate your body towards the affected arm during the stretch.

Repeat 20 Times

Hold 3 Seconds

Complete 1 Set

Perform 1 Times a Week



Lat Mobility: Open up the motion and then use the motion

Preacher Stretch: 3 x 20 seconds

Overhead reach at wall or prone overhead lift off: 20 x 3 seconds

Repeat 3 Times

Hold 20 Seconds

Complete 1 Set

Perform 1 Times a Week



Facing wall shoulder cross body posterior capsule stretch MWM

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- Start standing and facing wall so that elbow is on wall at shoulder height and hand/forearm create a horizontal line with the elbow
- Lean body forward into wall to apply pressure to your elbow which will keep your shoulder pushed back (Picture 1)
- Continue to lean into the wall, then slowly turn the center of your chest towards the elbow on the wall until you feel a deep stretch in the back side and/or top of your shoulder (Picture 2)
- Hold stretch for prescribed time and then slowly turn back to the start position to relieve the stretch
- Repeat for prescribed repetitions

***If instructed, apply a slight downward push on the on your wrist using your uninvolved arm before leaning into the stretch (Picture 3)

***The stretch should be TOLERABLE, NOT PAINFUL

***You SHOULD NOT feel pain in the front of your shoulder

- if you do, rotate hand upward while keeping elbow in the same position and retry the stretch

***If you have trouble feeling the stretch, use your other hand to pull your wrist down slightly while keeping elbow in the same position and retry the stretch (Picture 3)

Repeat 20 Times

Hold 3 Seconds

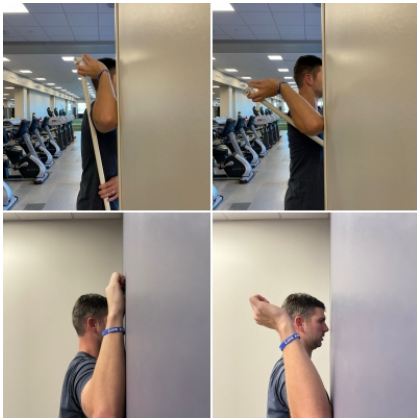
Complete 1 Set

Perform 1 Times a Week

External Rotation: Open up the motion and then use the motion

ER stretch at end range at 90 degrees abduction with PVC: 20 x 3 seconds

ER active end range lift off at wall or in prone: 20 x 3 seconds

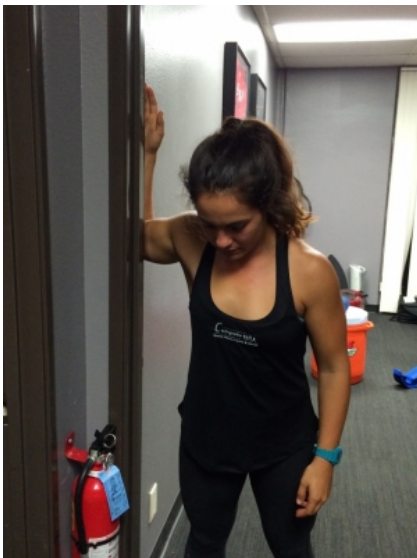


Repeat 20 Times

Hold 3 Seconds

Complete 1 Set

Perform 1 Times a Week



Door Pectoral Stretch

Stand facing the door. Place a bent arm perpendicular to wall at shoulder height. Lean body weight forward and hold. Repeat with opposite arm.

Repeat 3 Times

Hold 20 Seconds

Complete 1 Set

Perform 1 Times a Week

IR STRETCH WITH MULTI-LOOP STRAP

Put your arm behind your back and use a strap to pull the arm upward towards along your spine to provide an internal rotation stretch of the shoulder.

Repeat 6 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Week

