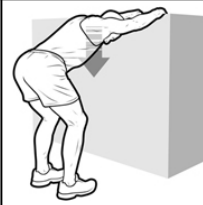


SHOULDER FLEXION STRETCH

Stand in a doorway and grasp the top frame with your arms straight. Slowly lean forward until you feel a stretch in your shoulders. Ensure your shoulder blades are pulled "back and down". Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



LATISSIMUS DORSI STRETCH

Grasping a fixed surface with both hands (at approximately chest height), slowly lean your trunk forward as far as you can, keeping your back straight. Push your chest down towards the floor until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



BILATERAL PECTORAL STRETCH

With your shoulders and elbows bent to 90° and your forearms against adjacent walls in the corner of the room, slowly lean forwards until you feel a stretch in your chest. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



PECTORALIS MAJOR STRETCH

With your elbow against a door frame and your shoulder and elbow bent to 90°, slowly rotate your body away until you feel a stretch in your shoulder. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



EXTERNAL ROTATION STRETCH

Place your wrist against a door frame with your elbow bent to 90° and tucked in against your side. Slowly rotate your body away until you feel a stretch in your shoulder. Hold.

SETS & REPS: 30 sec hold

FREQUENCY: 2-3 x day



INTERNAL ROTATION STRETCH WITH TOWEL

Drape a towel over your shoulder, grasping each end, with one arm in front and one behind your body. Slowly pull your front arm down, sliding your arm behind your back towards your head until you feel a stretch. Hold.

SETS & REPS: 30 sec hold

FREQUENCY: 2-3 x day



SLEEPER STRETCH IN STANDING

Stand side-on to a wall with your arm at shoulder height pressed against the wall and elbow bent to 90°. Rotate your forearm down as far as you can while keeping your shoulder blade depressed down towards the floor. Add overpressure with your other arm until you feel a stretch. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



POSTERIOR SHOULDER STRETCH

With your shoulder blade pulled back and down and your elbow straight, cross your arm across your body. Use your opposite arm to clamp behind the elbow of the arm being stretched. Use the bent arm to pull the arm further across the body until you feel a stretch. Ensure your shoulder blade remains depressed and pulled back. Hold.

SETS & REPS: 30 sec hold

FREQUENCY: 2-3 x day