



Lakeshore Hospital and Research Centre




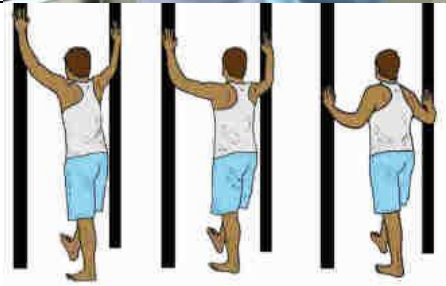
DIVISION OF JOINT REPLACEMENTS AND SPORTS INJURIES



Dr Sujit Jos MBBS, MS(Orth), MRCS Edinburgh

CONSULTANT ORTHOPAEDIC SURGEON

SHOULDER STRETCHES

<p>Shoulder blade squeeze</p> <ul style="list-style-type: none">• While standing with your arms at your sides, squeeze your shoulder blades together. Do not raise your shoulders up as you are squeezing.• Hold for 6 seconds. Repeat 10 times.	
<ul style="list-style-type: none">• Place one hand under your elbow.• Lift your elbow and stretch it across your chest. Don't rotate your body as you stretch.• Hold the stretch for 15 to 30 seconds. You'll feel tension in the back of your shoulder.• Relax and slowly return to the starting position.• Repeat the stretch with the other arm.	
<ul style="list-style-type: none">• Place your hands behind your head.• Squeeze your shoulder blades together, bringing your elbows back as far as possible.• Hold the stretch for 15 to 30 seconds.• Relax and slowly return to the starting position.	
<ul style="list-style-type: none">• Lean into door until you feel a stretch. Hold 10-60 seconds.• Repeat with hands in different position to vary the stretch.	

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Consultant – Division of Joint Replacements and Sports Injuries

Lakeshore Hospital and Research Centre, Kochi, Kerala, India – 682040, lakeshoreorthopedic@gmail.com

Ph: +91-484-2772028, +91-484-2701032; docjoints@gmail.com, www.docjoints.com





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- Sit in a sturdy chair next to a table with the arm placed as demonstrated, palm down.
- Slide the arm forward while bending at the waist as far as is possible without pain.
- Eventually the head should be level with the side of the table.



Shoulder internal rotation with towel -

- Roll up a towel lengthwise. Hold the towel above and behind your head with the arm that is not sore.
- With your sore arm, reach behind your back and grasp the towel.
- Using the arm above your head, pull the towel upward until you feel a stretch on the front and outside of your sore shoulder.
- Hold 15 to 30 seconds.
- Relax and move the towel back down to the starting position.



- **Sit on your side and place the affected arm on the table**
- **Lean forward**



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Wand exercise: Flexion



Wand exercise: Extension



Wand exercise: External rotation



Wand exercise: Internal rotation



Wand exercise: Shoulder abduction and adduction

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