INSTITUTE OF ADVANCED ORTHOPEDICS

MALANKARA ORTHODOX SYRIAN CHURCH

Medical College Hospital, Kolenchery, Ernakulam

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SHOULDER STRETCHES

Shoulder blade squeeze • 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.	
Supraspinatus stretch • 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.	
Pectoral (Anterior) Stretch • 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.	
Door (External rotation) stretch • Lean into door until you feel a stretch. Hold 10-60 seconds. • Repeat with hands in different position to vary the stretch.	

DOCJOINTS

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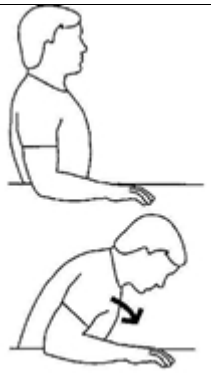
Table (inferior) stretch • Sit in a sturdy chair next to a table with the arm placed as demonstrated, palm down. • Slide the arm forward while bending at the waist as far as is possible without pain. • Eventually the head should be level with the side of the table.	
Shoulder internal rotation with towel • 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.	
Table (External rotation) stretch • Sit on your side and place the affected arm on the table • Lean forward • Hold for 15 to 30 seconds • Relax and move back to starting position	

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Wand Exercises

Wand exercise: Flexion

Wand exercise: Extension

Wand exercise: External rotation

Wand exercise: Internal rotation

Wand exercise: Shoulder abduction and adduction