

## SHOULDER: *Stretching Exercises*

This handout illustrates some **basic range of motion exercises** for the shoulder. They should be performed within your comfort zone unless otherwise instructed. Unless your doctor feels that you have adhesive capsulitis or frozen shoulder, these exercises should not cause pain. These exercises can be used for almost all shoulder problems as maintaining range of motion is very important. This handout and these exercises are only a general template and should be supplemented by the physical therapy program prescribed by your doctor. If at any time you are uncertain about what to do, or you have new or increasing pain, please consult your physician or therapist.



...ow your arm to hang free, then  
... your body and arm in a circular

...range of motion without stressing  
... It can be done in the early post-  
... on after a fracture.

...other gentle motion that can be  
... injury or surgery. While either  
...mply rub your abdomen in a circular

### **Cross Body Adduction**

Use the opposite arm to pull your affected arm as far as possible across your body. This stretches the posterior shoulder and is particularly important for throwers and overhead athletes.

