


 **Andover Physical Therapy**
13831 Round Lake Blvd.
Andover, MN 55304
(763) 433-8108

 **Ham Lake Physical Therapy**
18415 N.E. Hwy. 65
Cedar, MN 55011
(763) 413-0880

 **Isanti Physical Therapy**
2 Enterprise Ave. Ste. 4
Isanti, MN 55040
(763) 444-8680

 **St. Francis Physical Therapy**
3220 Bridge St, Suite 111
St. Francis, MN 55070
(763) 753-8804

Guidelines for Shoulder Stretches and Exercises

- Perform stretches slowly until you feel gentle tension - this should not be painful.
- Hold each stretch 30 seconds and repeat 2-3 times.
- Hold each exercise 5 seconds and repeat 10-20 times.
- Any pain with exercise should be mild at worst.
- Stop/discontinue any exercises that produce sharp pains or cause progressively increasing pain with repetition.
- Avoid sleeping on involved side as much as possible.



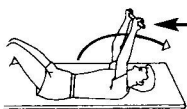
#1 Corner Stretch

- Standing in corner with hands at shoulder level and feet 2 feet from corner, lean forward until comfortable stretch is felt across chest.



#2 Scapular Retractions

- Sitting with arms at shoulder height and elbows bent. Pinch shoulder blades together, moving elbows backward.



#3 Supine Cane Shoulder Flexion

- Lie on back. Hold wand, palms up. Raise wand overhead, elbows straight.



#4 Isometric Flexion

- Using a wall to provide resistance, press fist into wall as shown, using light, moderate, maximal resistance as tolerated.



#5 Isometric Abduction

- Place left hand around right elbow. Push elbow to the right (away from your side) and resist with your left hand so that your right arm does not move.



#6 Isometric External Rotation

- Keeping arm tucked in at side, press back of hand into wall.



#7 Prone Retraction

- Keep arms out from sides and elbows bent as you pinch shoulders blades together.



#8 Prone Extension

- Raise arms off floor keeping elbows straight and squeeze shoulder blades together.