

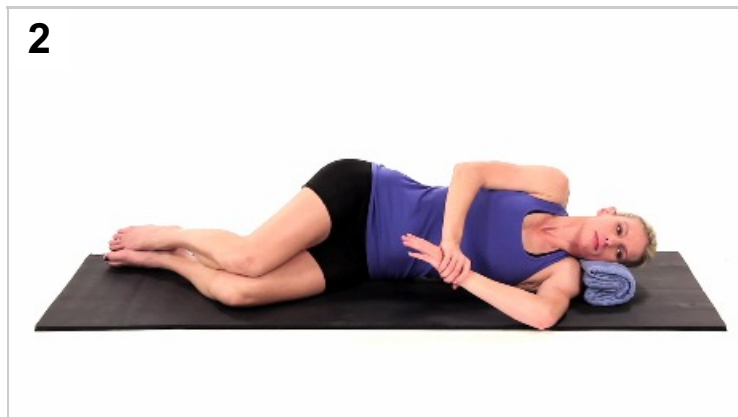
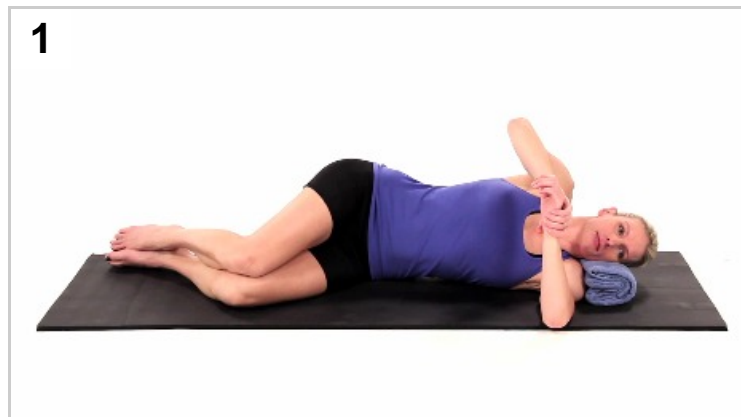
Sleeper Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

Movement

With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

Tip

Make sure not to let your body roll forward or backward during the exercise.

Standing Shoulder Posterior Capsule Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position.

Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.

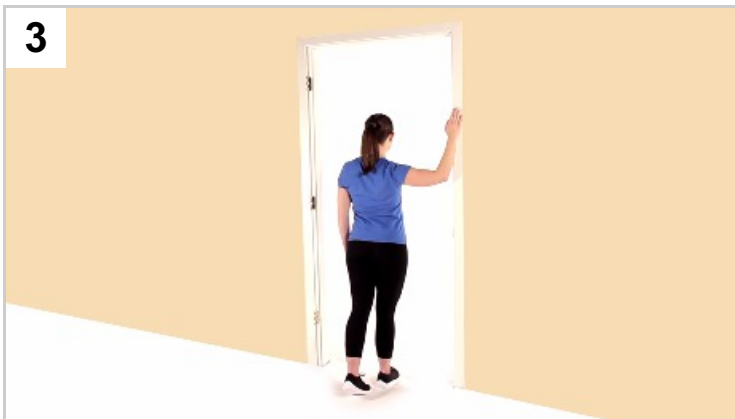
Single Arm Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbow bent, place your forearm on the side of the doorway at a 90 degree angle from your side, then take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

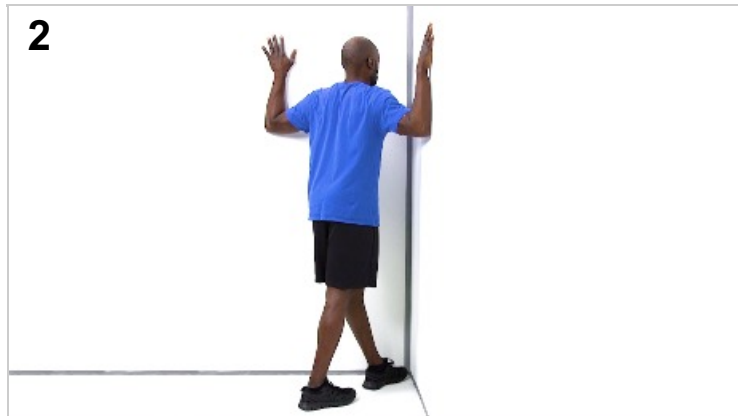
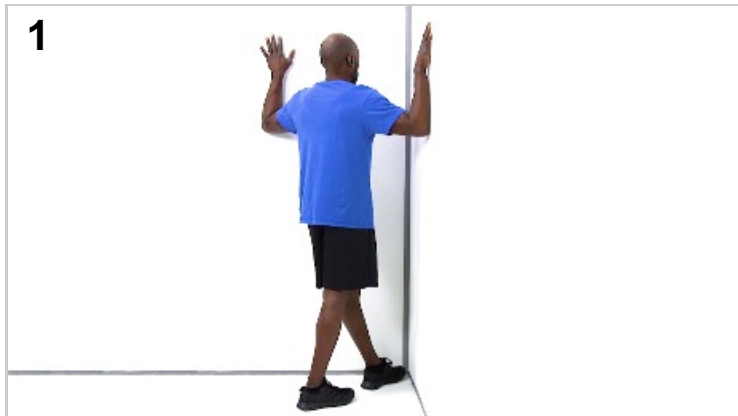
Corner Pec Major Stretch

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

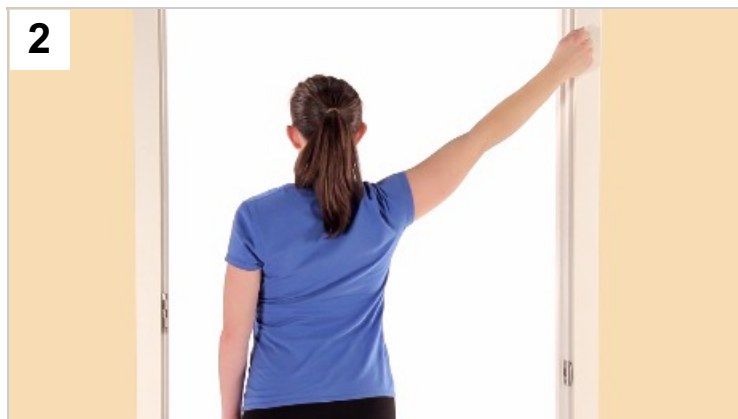
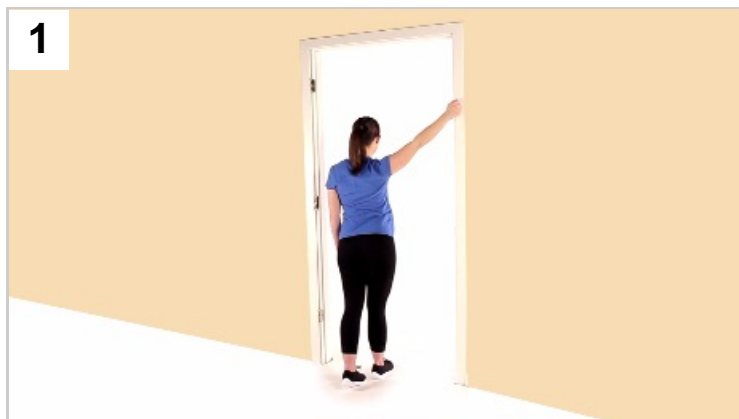
Doorway Pec Stretch at 120 Elevation with Arm Straight

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbow straight, place your hand on the side of the doorway at roughly a 120 degree angle from your side, then take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

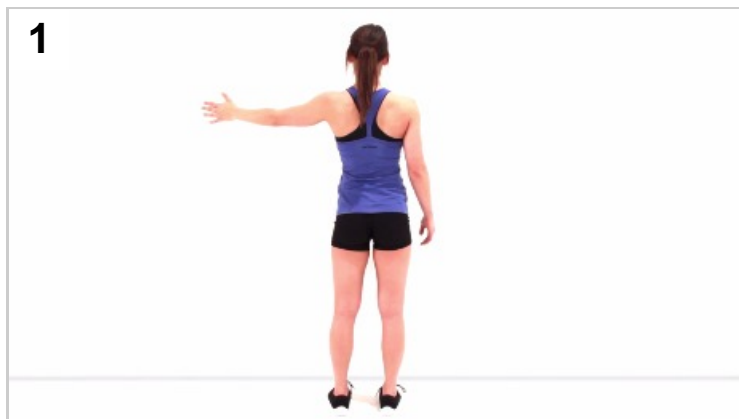
Standing Pec Stretch at Wall

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position facing a wall with your arm straight out to your side, and your hand resting on the wall.

Movement

Rotate your trunk away from your arm until you feel a stretch in the front of your chest, and hold.

Tip

Make sure to only move in a pain free range of motion.

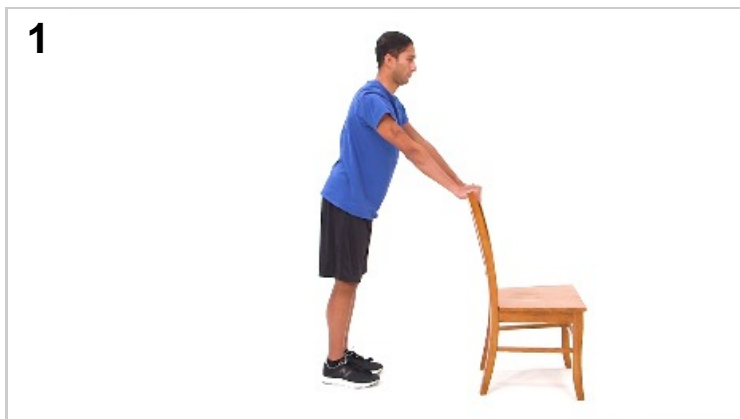
Step Back Shoulder Stretch with Chair

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position in front of a chair with your hands resting on the backrest.

Movement

Slowly walk your feet backward, lowering your chest toward the floor, until you feel a stretch in your shoulders. Hold, then return to the starting position and repeat.

Tip

Make sure keep your movements slow and controlled and do not shrug your shoulders during the exercise.