



SELF-MANAGEMENT 26-4 Lateral Rotator and Posterior Capsule Stretch

Purpose: To stretch the shoulder rotators and train independent movement between the shoulder blade and the arm

Starting position: Slide your arm out to the side, and bend your elbow to 90 degrees. Position your forearm so that the fingers point to the ceiling. Hold your shoulder down with the opposite hand.

Movement technique:

- Relax and let your shoulder joint rotate, allowing your forearm to move toward the floor.
- Do not let your shoulder come off the floor and move into your hand as your forearm gets closer to the floor.
- You may hold up to a 2-lb weight in your hand to assist in the stretch.

Dosage

Hold the stretch for _____ seconds

Sets/repetitions _____

Frequency _____



Alternate position:

Lie on the side of your affected arm. Be sure to lie directly over your shoulder joint with your arm positioned at perpendicular to your body and your elbow bent to 90 degrees.

Movement:

- Using your free hand, place it on the dorsum of the hand of the shoulder you are stretching. Gently perform an isometric contraction into your free hand. Hold for 6 seconds. Relax.
- On relaxing, move your forearm downward in the direction of your feet until you feel a mild stretch. Repeat the isometric contraction. Move your hand to the next barrier. Repeat 3 to 4 times.

