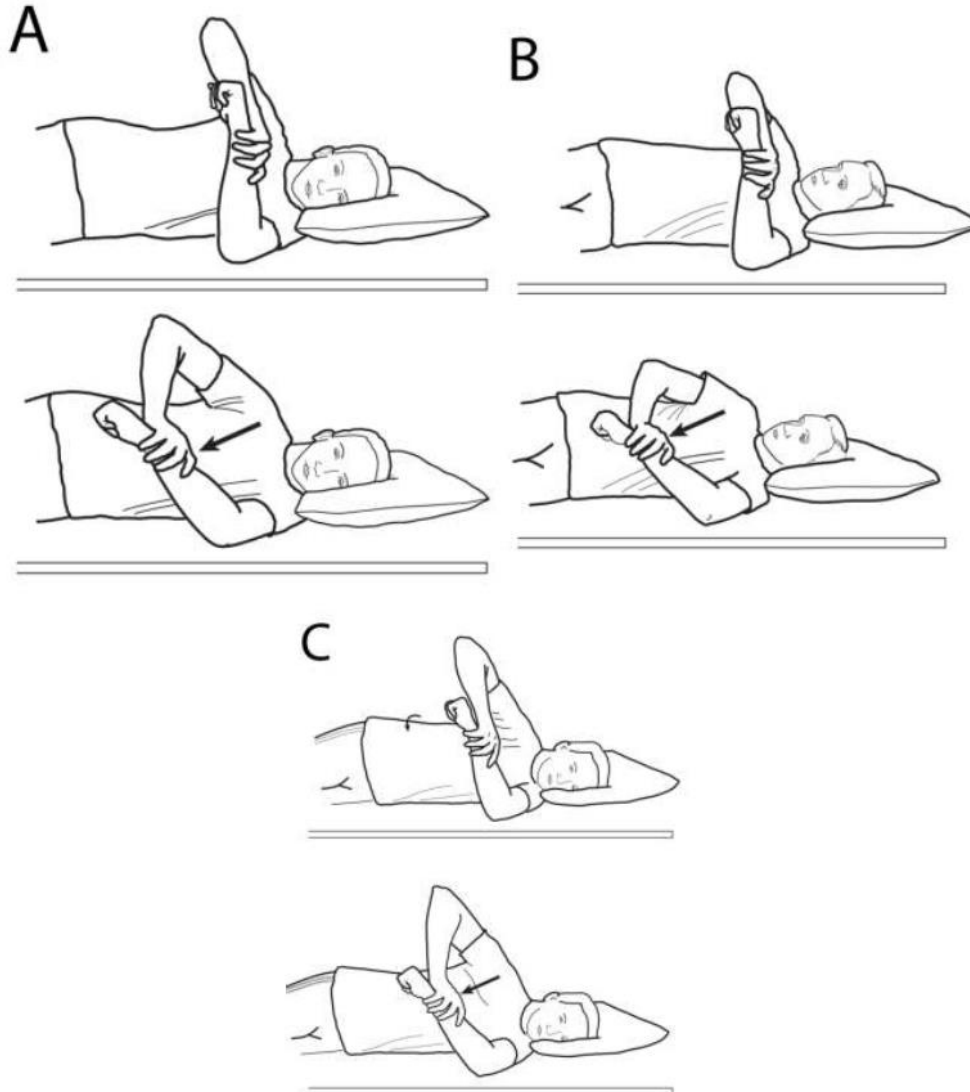




Stretching: Sleeper Stretches

Hold each stretch for 10 seconds, 10 repetitions per set, 4 sets, twice daily



Sleeper stretches. These exercises stretch the posterior capsule and are performed with patient lying on the side and using the opposite arm to passive internally rotate the arm. The exercises are performed with the patient (A) lying directly on the side, (B) leaning back 30 degrees, and (C) leaning forward 30 degrees. The different orientations encourage stretching of different portions of the posterior capsule.

Stretching: Miscellaneous

Hold each stretch for 10 seconds, 10 repetitions per set, 4 sets, twice daily



Supine passive forward flexion is accomplished by using the opposite arm to stretch the involved shoulder.



The doorframe stretch is performed by placing an abducted arm against a doorframe and leaning the body forward to passive externally rotate and horizontally abduct the arm, so that the elbow passes posterior to the plane of the scapula. The stretch can be performed with the arm at varying degrees of abduction to stretch different portions of the anterior shoulder.

**You can see examples of these online under “Shoulder Stretches” at:
www.KsShoulder.com/rehab**