

Stretching the Shoulder

(for painful, stiff shoulders)

These 3 exercises are designed to help you alleviate pain and stiffness and restore mobility in your shoulder and stretch the shoulder joint.

- ⇒ All exercises are easy to do at home and require minimal equipment and no supervision.
- ⇒ Performing the exercises should take you a total of about 15 minutes.
- ⇒ Keep in mind that it often takes time to achieve results.
- ⇒ Unless performing the exercises becomes painful, keep at it.

1. Attach a pulley apparatus (a single pulley with a rope) to the top of a door. Find a chair that has a back at least as high as your shoulders and sit in it 1-1/2 feet from the door, facing away. Hold 1 end of the rope in each hand in front of you. Pull downward with the hand on the unaffected side and thus raise your stiff shoulder, as high as it will go (**A**). Hold it there for a few seconds and then lower it, raising your other arm. Perform 3 sets of this stretching exercise, 10 repetitions in each set.

2. Lie down facing upward. Hold a broomstick with both hands, placing your elbows by your sides flexed at a 90 degree angle. Move the broomstick side to side 10 times (**B**). Perform 3 sets of this stretching exercise. For best results, do not allow your elbows to move away from your body or to extend, and do not rotate your trunk.

3. Hold 1 end of a towel in your hand on the side of your stiff shoulder and reach behind your back. Reach behind your head with your other hand holding the other end of the towel. Use that hand to pull the towel upward (**C**) for a few seconds, then release. Perform 3 sets of this stretching movement, 10 times in each.

