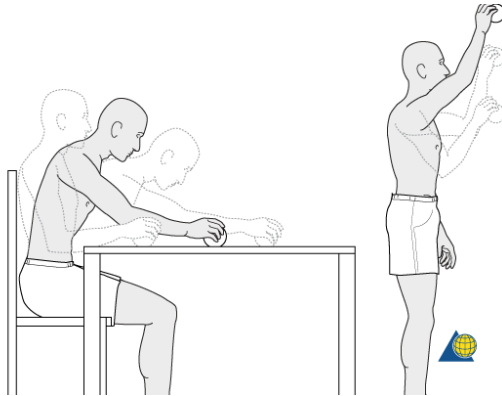


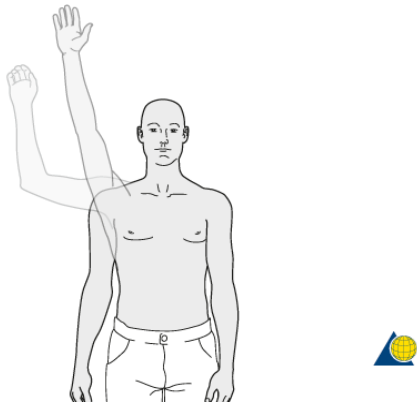
# Shoulder Stretching Exercises

1



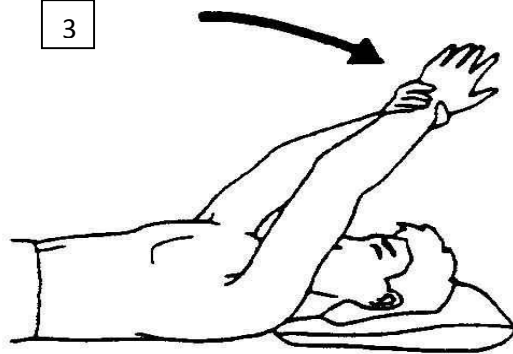
Forward Flexion -- stretch your arm up in front of you using your good arm, a table top or wall to help move it upward.

2



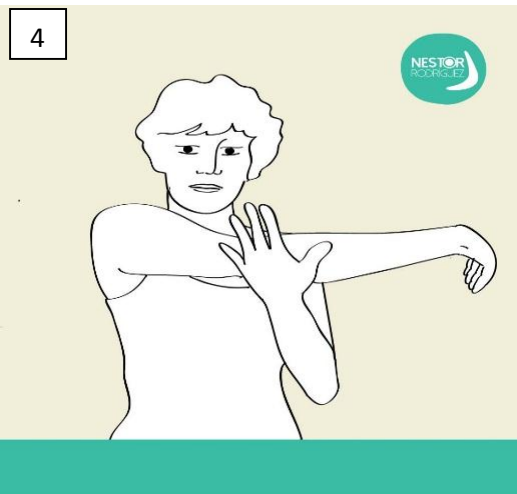
Cross Body – Use your good arm to help stretch your arm across your chest.

3

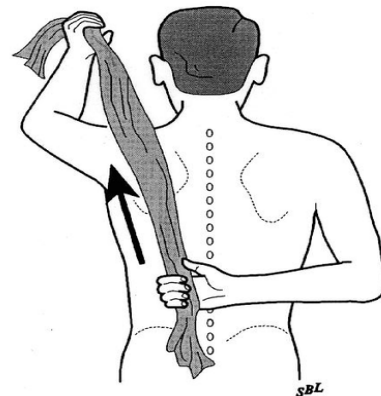


Internal Rotation – Using a towel, place your affected arm low behind your back and using your good arm, work on pulling the towel and your arm up gently.

4



5



Matsen Fig. 2-36