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## Posterior Shoulder Stretching Program

Complete    sets of    repetitions    times a day.



- \*Bring involved arm across in front of body as shown.
- \*Hold elbow with other arm.
- \*Gently flex the bent arm which will pull the other arm across chest until a stretch is felt in the back of shoulder.



- \*Lie on your side on a flat surface.
- \*Bring involved arm across in front of body as shown.
- \*Push down on hand toward table.
- \*Gently pull across chest until a stretch is felt in the back of shoulder.



- \*Raise involved arm over and behind head, elbow bent.
- \*Grasp elbow or wrist of involved arm with uninvolvement arm.
- \*Pull gently.



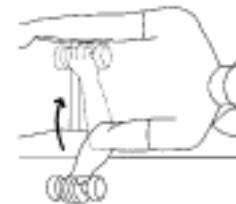
- \*Hold involved arm over shoulder with towel as shown.
- \*Grasp towel with uninvolvement arm.
- \*Slowly pull downward with uninvolvement arm until a gentle stretch is felt, in back of shoulder.



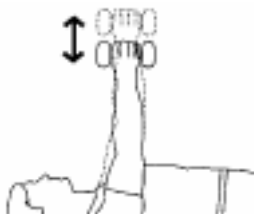
- \*Lie face down, place hand behind back as far as possible.
- \*Try to relax into stretch.
- \*A small pillow may be placed between upper arm and floor, to make stretch less intense.



- \*Lie on involved side, elbow bent at 90 degrees, arm at side.
- \*With or without weight, pull hand inward across body, as shown.



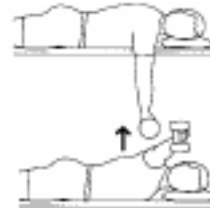
- \*Lie on involved side, elbow bent at 90 degrees, arm at side.
- \*With or without weight, pull hand inward across body, as shown.



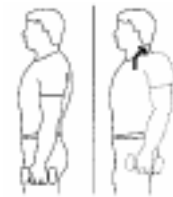
- \*Lie on back, arm straight and extended.
- \*Move arm up toward ceiling as far as possible as shown.



- \*Slightly bend hips and knees and support upper body with other arm as shown.
- \*Lift arm up, raising elbow to shoulder height.



- \*Lie face down, arms down and thumbs upward.
- \*Raise arms and hands to shoulder height, keeping elbows straight and squeezing shoulder blades together.



- \*Stand with arms at side, with or without weight.
- \*Raise shoulders upward towards ears, and roll backwards.