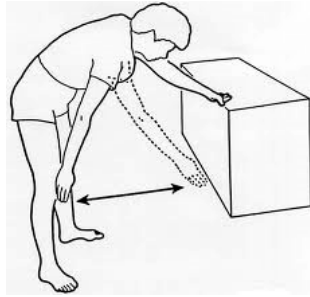


## Shoulder Exercises & Stretches

**Shoulder Pendulum exercises** - begin by stabilizing one arm to a chair or desk so that you are leaning forward to about 90° (off set your feet and widen your stance for better balance). Begin by rocking your **body** forward and backward slowly to create motion at your shoulder and focus to generate small-controlled circles. Perform 3 sets of 10 circles a day.



**Isometric Contractions** - Perform the exercises for 3 sets of 5 reps per exercise. Focus on holding your contraction for 10-15 seconds and only use about **35%** of your strength.



External rotation



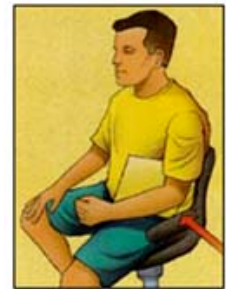
Internal Rotation



Abduction



Extension



Adduction

\*\* The above exercises can be also utilized with <math>\lt; 5</math> lb. weights away from a wall and incorporate a pain-free range of motion. (Soup cans may substitute for weights too)

### **Pec Minor Stretch:**

Start by standing (one leg forward) next to a doorframe or kneeling next to an exercise ball. Place your arm along the wall / ball and gently lean forward until you feel a gentle stretch. Taking deep breaths will help to increase the intensity of the stretch and relax the muscles more readily. Not feeling it? Start to sink into your stretch by keeping your arm fixed and dropping your torso down and forward toward your front foot (creating traction of the shoulder).

\*Perform as often as needed (1-3x/day) and hold for about 15-30 seconds.

