

# UPPER BODY STRETCHING & STRENGTHENING PROGRAM

Always consult with your physician or other qualified health care provider before initiating a new treatment, diet or fitness program.

## EXTERNAL ROTATION STRETCH (Anterior Capsule)



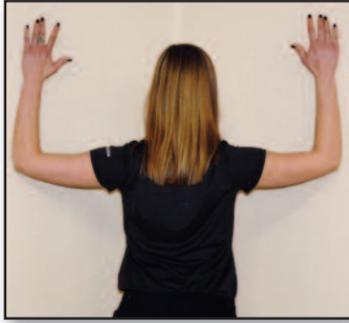
Stand with the palm of your arm against a door frame, with the elbow bent to 90 degrees. Turn your body away from your arm until a stretch is felt.

## POSTERIOR CAPSULE STRETCH



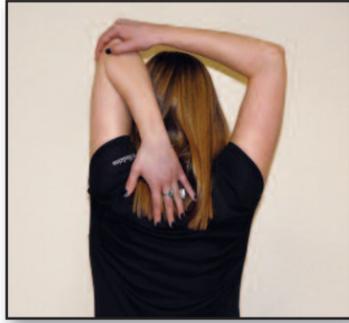
Raise your arm straight out in front of you at shoulder height. Bend your elbow and rest your hand on top of opposite shoulder. With the opposite hand, grab the throwing elbow and gently pull arm across your body.

## CORNER/DOORWAY STRETCH (Chest)



Stand in a corner with your hands up at shoulder level, with feet shoulder width apart (you may stand with one leg in front of the other). Lunge forward until you feel a stretch across your chest.

## INFERIOR CAPSULE STRETCH



Raise your arm over head and bend the elbow, with your forearm going behind your head. Grab your elbow with your opposite hand and gently pull back.

## SLEEPER STRETCH



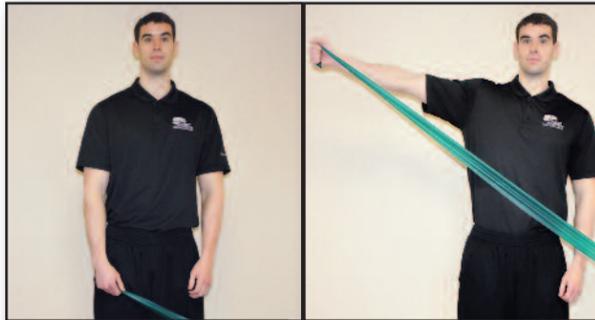
Lie on the side you wish to stretch. Position the arm that you are lying on straight out in front of you with your elbow bent to 90 degrees. Gradually apply pressure to your wrist using your other hand until a stretch is felt.

## FLEXION



Stand with your back towards the door. Begin with your arm at your side and pull upward and toward the ceiling. **Be sure to keep your elbow straight and only move through your pain-free range of motion.**

## ABDUCTION



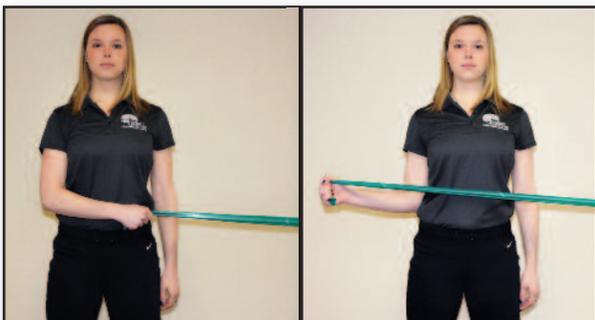
Stand with your arm towards the door. Begin with your arm across your body and pull to the side as pictured. **Only move through your pain free range of motion.**

## INTERNAL ROTATION



Stand with your side towards the door. Keep your elbow bent 90 degrees at your side as you rotate your arm across your body. **Be sure to keep your forearm parallel to the floor and wrist straight.**

## EXTERNAL ROTATION



Stand with your side towards the door. Keep your elbow bent 90 degrees at your side as you rotate your arm outward away from your body against resistance. **Be sure to keep your forearm parallel to the floor and wrist straight.**

## 90/90 EXTERNAL ROTATION



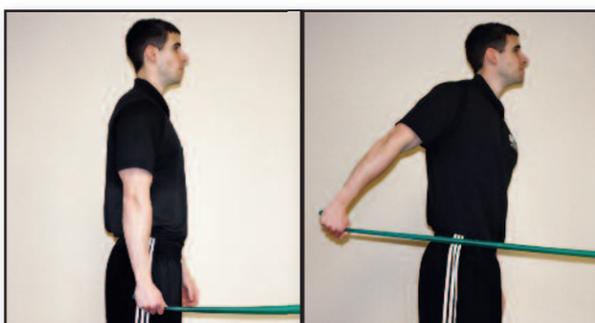
Begin facing the theraband with your arm bent, as pictured. Keep your arm elevated and pull the band back by rotating your forearm toward the ceiling.

## 90/90 INTERNAL ROTATION



Begin with your back to the theraband with your arm bent as pictured keep your arm elevated as you pull the band forward by rotating your palm toward the floor.

## EXTENSION



Face the door with your arm down at your side. Pull your arm back. **Be sure your elbow is straight and you stand up straight.**

**Injury Hotline: 1.877.MOBL.MED  
(877.662.5633)**

**Hotline Email: 877moblmed@selectmedical.com**



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