



STRETCHING EXERCISES - DAILY

Begin with a light warm-up for 10-15 minutes such as walking, biking on stationery bike, marching in place (aerobic activities should be selected that minimize joint stress). If pain, stiffness and fatigue are barriers to exercise, you might benefit from a warm shower or warm compress prior to exercise. Always maintain a steady stretch, never bouncing and do not force a stretch (go to the point of mild tension but not pain). Stretches may have a range of time to hold. Start with the shortest time and work your way to the longest time as you feel comfortable. For each additional repetition, try to stretch just a little further as you are able to do without pain. Remember to breathe throughout the stretch.

OVERHEAD STRETCH



Stand with feet hip-width apart and back straight. Bring hands together, interlock fingers and press palms out. Raise arms up as far as is comfortable, working toward straight overhead.

Hold 15-30 seconds | 3 reps

CROSS-OVER STRETCH



Stand with feet hip-width apart and back straight. Hold right arm forward at shoulder height. Use left hand and gently pull upper right arm toward chest. Repeat on other side (bringing left arm to chest).

Hold 15-30 seconds | 3 reps each side

FRONT FACING WALL CLIMB STRETCH



Facing a wall, stand straight and reach right arm forward to touch wall. Walk your fingers up the wall, taking steps toward wall as needed. Work towards bringing your body up to wall, hold, then walk fingers back down. Repeat with left arm.

Hold 15-30 seconds | 3 reps each arm

SIDE FACING WALL CLIMB STRETCH



Turn body away from the wall so right side faces wall. Lift right arm to the wall and walk fingers upward, side-stepping toward the wall as needed. Work towards bringing your body up to wall, hold, then walk fingers back down the wall. Repeat with left side facing wall and raising left arm.

Hold 15-30 seconds | 3 reps each direction



STRETCHING EXERCISES - DAILY continued

DOORWAY STRETCH



Stand in doorway with body turned to the left. Bend your left arm 90 degrees and place hand against doorframe. Slowly turn your body to the right so that it rotates your shoulder outwards. Stop at the point of mild tension and hold then return to starting position. Repeat holding right arm to doorframe and turning body to the left.

Hold 15-30 seconds | 3 reps each side

TOWEL STRETCH



Grasp a towel with your left hand and dangle the towel behind your back. Grasp the end of the towel with your right hand behind your waist. Gently pull the towel upward toward the ceiling with your left hand. Stop when you feel mild tension in your right shoulder and hold. Repeat holding the towel with your right hand and stretching the left shoulder.

Hold 15-30 seconds | 3 reps each side

PENDULUM SWING



Bend forward and hold onto table or chair for support with one arm and let other arm hang loosely. Gently swing the hanging arm in a circle clockwise and then counterclockwise. Repeat with other arm.

10-15 rotations | 3 reps each arm



STRENGTHENING EXERCISES- 2/3 TIMES A WEEK (NONCONSECUTIVE DAYS)

Strengthening activities should start at a relatively low intensity and gradually progress as pain tolerates.

PUSH-UP



Wall: Stand about 18 inches away from the wall and place your hands flat on the wall at shoulder height and about 6 inches wider than shoulder width. Lean in so your face nearly touches the wall and then push back. Keep your back straight by contracting stomach and tucking in your pelvis.

Modified: Starting with your arms at shoulder level and slightly wider than shoulders, lower your knees to the floor. While keeping your body in a straight line, lower yourself to the floor and push back up.

Standard: Starting with your hands at shoulder level and about 6 inches wider and on your toes. Lower yourself to the floor and push back up.

3 sets | 8-12 reps

LATERAL RAISE



Stand with feet hip-width apart. Grasp light weights in hands at side, thumbs facing forward. Keeping your back straight, slowly raise arms outward only to shoulder height, pause and slowly return to starting position.

3 sets | 8-12 reps

LYING INTERNAL ROTATION



Lie on your right side with a pillow or rolled towel under your head/neck to support your spine and a light weight in your right hand. Bend arm 90 degrees so that your elbow is against your side and hand is resting on the floor and lift weight towards body by rotating shoulder so that forearm is pointing to the ceiling (keeping elbow on the floor). Repeat lying on left side with weight in left hand.

3 sets | 8-12 reps

LYING EXTERNAL ROTATION



Lie on your right side with a pillow or rolled towel under head/neck to support your spine and a light weight in your left hand. Bend your arm 90 degrees so that elbow is at your left side and hand/weight is resting on floor. Lift the weight toward the ceiling by rotating your shoulder outward. Repeat laying on left side and weight held in right hand.

3 sets | 8-12 reps