Sleeper Stretch

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed until you feel a gentle stretch in your shoulder.

Repeat: 3 times

Hold: seconds

Perform: 2x per day

Pec Stretch

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders.

Repeat: 3 times

Hold: seconds

Perform: 2x per day

Unilateral Lat Stretch

Start in an upright position and arms over head.

Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward as well to feel a stretch.

Repeat: 3 times

Hold: seconds

Perform: 2x per day

Finger Walk Flexion

Place your affected hand on the wall in front of you with the palm facing the wall. Next, walk your fingers up the wall until you feel a gentle stretch. Lastly, slide your hand back down the wall to the starting position.

Sets: 3

Reps: 10

Hold: seconds

Perform: 2x per day

Finger Walk Abduction

Place your affected hand on the wall to your side with the palm facing the wall. Next, walk your fingers up the wall until you feel a gentle stretch. Lastly, slide your hand back down the wall to the starting position.

Sets: 3

Reps: 10

Hold: seconds

Perform: 2x per day

Scapular Retraction

Draw your shoulder blades back as if you were trying to squeeze them together.

Sets: 3

Reps: 10

Perform: 2x per day