



PRAYER STRETCH - WRIST

Place the palms of your hands together to stretch the wrist as shown.

Repeat 3 Times
Hold 20 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



WRIST FLEXOR STRETCH

Grab your hand and bend the wrist up as shown.
Keep the elbow straight the side the entire time.

Repeat 3 Times
Hold 20 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



S/L Subscap/Lat STM with Foam Roller

Sidelying on lateral scap/subscapularis.

- 1) Roll superior/inferior or anterior/posterior for STM
- 2) Mobilization of UE by lifting UE off ground

Repeat 1 Time
Hold 2 Minutes
Complete 1 Set
Perform 1 Time(s) a Day



STM to Upper Trap/TS Mobilization

Position foam roller on thoracic spine, bring bilateral UE's up towards head.

Roller the foam roller over thoracic spine and trapezius to mobilize/perform STM.

Repeat 1 Time
Hold 2 Minutes
Complete 1 Set
Perform 1 Time(s) a Day



TRICEP STRETCH

With your affected elbow bent and shoulder raised, use your other hand and gently push your affected elbow back towards over head until a stretch is felt.

Repeat 3 Times
Hold 20 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



Tricep Stretch with Band

Tie a band around a stable stationary object. (the lower the band the great the stretch)

Put your arm through band. Begin to elevate your arm into a tricep stretch. **See Prior Exercise**

Step forward to put tension on band.

Repeat 1 Time
Hold 1 Minute
Complete 1 Set
Perform 1 Time(s) a Day



Banded Overhead Distraction

Put hand through band, grasp band with fingers. Rotate palm toward ceiling, step back to place tension on band. Pull arm slightly back to set shoulder, then lean forward to stretch arm overhead. No pinching should be felt in the shoulder, if there is, adjust/reset position.

Repeat 1 Time
Hold 1 Minute
Complete 1 Set
Perform 1 Time(s) a Day



Lateral Opener

Put hand through band and grasp with fingers. Step away from band to increase tension, then turn away from band with arm straight to feel stretch across chest. Keep palm facing upward throughout.

Repeat 1 Time
Hold 1 Minute
Complete 1 Set
Perform 1 Time(s) a Day