

SHOULDER STRETCHING EXERCISES

Shoulder Rolls



- Roll the shoulders forwards and backwards
- Start with small circles increasing to full circles

Half and Full Arm Circles



- Put your hands onto your shoulders
- Circle the elbow in a forward or backwards motion
- Start with small circles increasing to full circles
- You can do both arms together or one at a time
- To progress to full arm circles fully extend the arm and circle.

Anterior Shoulder Stretch



- Stand upright with the back straight
- Clasp your hands behind your back
- Slowly lift your hands away from the back and up towards the ceiling
- Hold for between 10 and 30 seconds

Variations

- Place the palms of your hands on your lower back
- Try to bring your elbows together behind your back

Muscles Stretched - Anterior Deltoid, Pectoralis minor

Related Injuries - Deltoid strain

Posterior Shoulder Stretch



- Stand upright and cross one arm across your body
- Using the opposite arm, pull the elbow of the arm being stretched towards the opposite shoulder
- Hold for between 10 and 30 seconds

Variations

- Bend the elbow of the arm being stretched

Muscles Stretched - Posterior Deltoid, Supraspinatus, Infraspinatus, Rhomboids

Related Injuries - Rotator cuff injuries , Supraspinatus tear

Supraspinatus Stretch



- Place your hands on your hips and move the elbows forwards
- Don't move your hands, just your elbows!
- Hold for between 10 and 30 seconds

Muscles Stretched - Supraspinatus

Related Injuries - Rotator cuff injuries