

STEP 1



Standing Shoulder Posterior Capsule Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position.

Movement

- Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

- Make sure to maintain good posture during the exercise.

STEP 1 STEP 2



Standing Shoulder Internal Rotation Stretch with Towel

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing position, holding both ends of a towel in each hand, with one arm behind your head and the other behind your mid to low back.

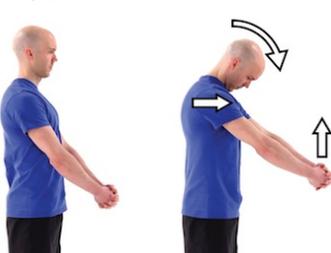
Movement

- Slowly straighten your upper arm, gently pulling upward on the towel, and hold when you feel a stretch.

Tip

- Make sure to keep your back straight during the exercise.

STEP 1 STEP 2



Standing Lower Cervical and Upper Thoracic Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing position. Clasp your hands in front of your body with your arms straight.

Movement

- Slowly roll your head downward, bend your shoulders forward, and lift your arms until you feel a stretch in your lower neck and upper back. Think about pulling your shoulder blades apart.

Tip

- Make sure not to slouch your lower back during the stretch.

STEP 1 STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position in the center of a doorway.

Movement

- With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

- Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1 STEP 2



Shoulder ER Stretch in Abduction

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position facing a wall. Place one arm out to the side, with your elbow bent to 90 degrees, and your arm flat against the wall.

Movement

- Gently rotate your trunk away from your arm until you feel a stretch in your chest, then hold.

Tip

- Make sure not to shrug your shoulders, and try not to arch your back during the exercise.

STEP 1



STEP 2



Standing Pec Stretch at Wall

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position facing a wall with your arm straight out to your side, and your hand resting on the wall.

Movement

- Rotate your trunk away from your arm until you feel a stretch in the front of your chest, and hold.

Tip

- Make sure to only move in a pain free range of motion.

STEP 1



STEP 2



STEP 3



Single Arm Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position in the center of a doorway.

Movement

- With your elbow bent, place your forearm on the side of the doorway at a 90 degree angle from your side, then take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

Tip

- Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Standing Shoulder and Trunk Flexion at Table

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position with your hands resting on a table.

Movement

- Slowly walk backward and bend forward at your hips, keeping your hands on the table and arms straight. Stop when you feel a stretch in your shoulders, then return to the starting position and repeat.

Tip

- Make sure to only move in a pain-free range of motion during the exercise.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 120 Degrees Abduction

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position in the center of a doorway.

Movement

- With your elbows bent, place your hands on the sides of the doorway at roughly a 120 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

- Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Modified Standing Sleeper Stretch at Wall

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position with one arm bent 90 degrees across your body, and your shoulder resting against a wall.

Movement

- Rotate your trunk away from your arm, then apply a gentle downward pressure on your bent arm, just above your wrist, until you feel a stretch in your shoulder and hold.

Tip

- Make sure to apply pressure at your wrist and not your hand.

STEP 1



STEP 2



STEP 3



Doorway Rhomboid Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position to the side of a doorframe.

Movement

- Hold onto the doorframe across your body at shoulder level with one hand, then slowly lean your body in the opposite direction. Hold, then relax and repeat.

Tip

- Make sure to maintain a gentle stretch and do not shrug your shoulder.

STEP 1



STEP 2



Standing Lean Away Doorway Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position facing a doorframe with your feet together.

Movement

- Hold onto the doorframe with both hands and slowly let your hips fall backward, rounding your shoulders, until you feel a gentle stretch in your back. Hold this position.

Tip

- Make sure to maintain a gentle stretch and only move in a comfortable range.

STEP 1



STEP 2



Standing Median Nerve Flossing - Tray

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position with one elbow bent, your palm facing upward as if you were holding a tray, and your head tilted toward that shoulder.

Movement

- Straighten your arm and tilt your head towards your shoulder at the same time, then return to the starting position and repeat. Your wrist should stay in the same position.

Tip

- Make sure your movements are smooth and continuous.

STEP 1



STEP 2



STEP 4



STEP 3



Standing Radial Nerve Flossing

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position.

Movement

- Bend your affected arm upward at your elbow and rotate your hand so your palm is facing up. At the same time, bend your head away from that arm by bringing your ear to the tip of the opposite shoulder. Next, straighten your elbow, bend your wrist and curl your fingers. At the same time, turn your head to look over your shoulder at your hand. Then repeat.

Tip

- Make sure to perform the movement in a slow and controlled manner.

STEP 1



STEP 2



Standing Median Nerve Tensioner - Tray

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

Setup

- Begin in a standing upright position with one elbow bent, your palm facing upward as if you were holding a tray, and your head tilted toward that shoulder.

Movement

- Straighten your arm and tilt your head away from your shoulder at the same time, then return to the starting position and repeat.

Tip

- Make sure your movements are smooth and continuous.