

# Shoulder Stretches



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## **Shoulder Warm-up:** (Rotator Cuff, Shoulder Girdle)

1. Standing slowly rotate your arms in opposite directions.
2. Continue for 30 seconds then change directions.



## **Chest Stretch:** (Pectoralis Major, Subscapularis, Anterior Deltoid)

1. Start standing with your elbow and forearm resting against a door frame or post
2. Slide your arm up the door frame so it is above horizontal (elbow higher than the shoulder)
3. Step forward keeping your shoulders in the same plane.
4. Do all three positions holding for 20 seconds each on both sides.



## **Biceps Stretch:** (Biceps Brachii, Brachialis, Anterior Deltoid)

1. Place your hand on a wall with the thumb pointed directly down.
2. Turn your shoulders away from your hand and square them parallel to the surface your hand is on
3. Step your feet out from under your hips and bend at the knees. Look straight forward.
4. Hold for 20 seconds. And repeat to the other side.



## **Triceps:** (Triceps)

1. Using a paddle, stick, or a towel reach your top hand over your shoulders, behind your back.
2. With your bottom hand reach up behind your back and grasp the paddle or towel.
3. Pull down while relaxing the upper arm.
4. Hold for 20 seconds. And repeat to the other side.



## **Posterior Shoulder Stretch:** (Posterior Deltoid)

1. Pull your arm horizontally across your shoulder.
2. Hold for 20 seconds. Repeat to the other side.

Notes: Try rotating your arm and hand to change which fibers are stretched