

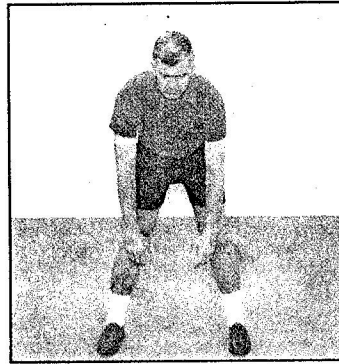
SHOULDER FLEXIBILITY

The following exercises are specifically designed to stretch glenohumeral, acromioclavicular, sternoclavicular and scapular musculature and connective tissue. It is intended to help prevent muscle strains, joint sprains and dislocations and help improve performance of the shoulder

regions. Include for post injury and post surgery recovery. The following flexibility exercises will include every muscle fiber in the shoulders and should be done in the order presented in this book for maximum results.

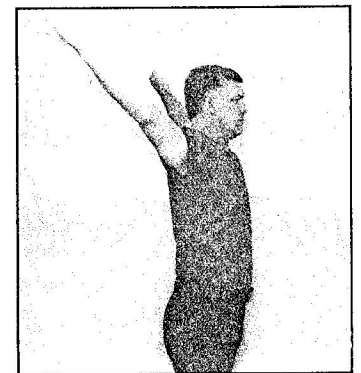
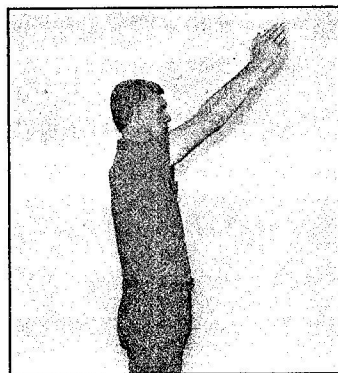
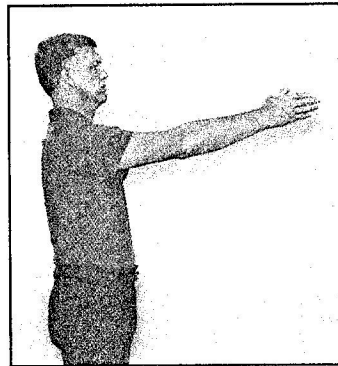
CIRCUMDUCTION

The purpose of circumduction is to increase circulation in the glenohumeral joint. Arm circles toward and away from body midline. Arm should hang like a wet noodle when doing bent over circumduction. Lean body forward, bend knees and tighten stomach muscles. May also do giant (circumduction) arm circles from standing position if shoulder is not sore or injured. Begin with small circles and increase in size 10-15 repetitions in each direction.



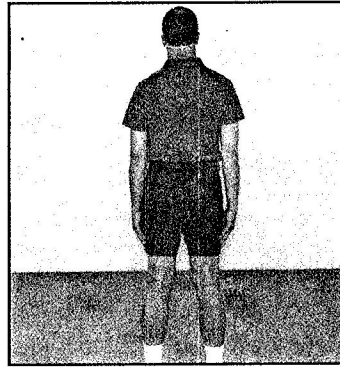
HORIZONTAL ABDUCTION

To stretch the pectoralis major, teres major and anterior deltoid by contracting the trapezius, rhomboid major and rhomboid minor muscles. Palms facing forward, arms shoulder high. Reach backward, keep arms straight, draw shoulder blades as close together as possible. Return to palms together position. Repeat exercise raising level of arms with each repetition to include the upper pectoral fibers. To stretch anterior chest and shoulder muscles. 6-8 Repetitions.



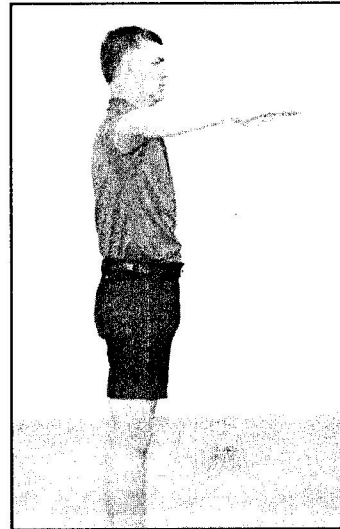
HYPEREXTENSION

To stretch biceps brachii and anterior deltoid muscles by contracting the triceps brachii and posterior deltoid muscles. Stand straight, reach both arms back as far as possible for 6-8 repetitions. Then clasp hands, keep elbows locked and reach back as far as possible without bending trunk forward. Release and return to starting position. 8-10 Repetitions.



EXTERNAL ROTATION

Keep arms (elbows) level with shoulders, elbows bent at 90 degree angle. Palms facing downward as exercise begins. Rotate shoulders backward (externally) as far as possible by contracting the supraspinatus, infraspinatus and teres minor muscles. To stretch internal shoulder rotators which include the teres major, subscapularis and pectoralis major muscles. Slow steady stretch at end of movement. Release at starting position and repeat. 8- 10 Repetitions.



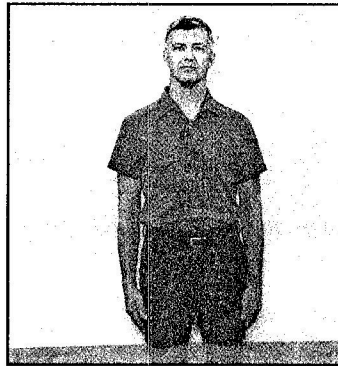
INTERNAL ROTATION

The most frequent injury to the shoulder involves the rotator cuff muscles. Considerable attention must be given to the thorough stretching of this area. The important exercises include internal rotation, horizontal flexion I and horizontal flexion II. Elbows bent at 90 degree angle, level with shoulders palms facing forward. Rotate shoulders forward (internally) as far as possible by contracting the teres major, subscapularis and pectoralis major muscles. Keep scapula from compensating upward for best stretch of supraspinatus, infraspinatus and teres minor. May need assistance to stabilize scapula and affect best maximum stretch. Athletes are often limited in internal rotation sometimes resulting in rotary cuff injuries in throwing or from a severe blow or fall. Slow steady stretch at end of movement, release and return to starting position and repeat. 10-15 Repetitions.



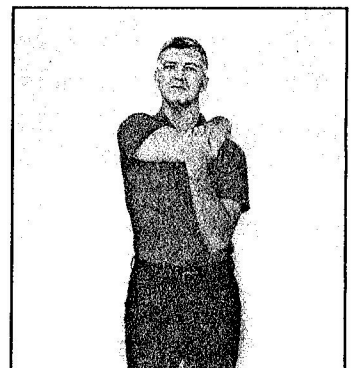
HORIZONTAL FLEXION I

Arm level with shoulder, fingers reach around far outside corner of opposite arm midway between the shoulder and elbow, contracting pectoralis major, anterior deltoid and coracobrachialis muscles. Use opposite hand on elbow to assist with stretch at end of movement. Return the arm to side after each repetition. The purpose of this exercise is to stretch external shoulder rotators, especially supraspinatus and infraspinatus muscles (rotator cuff). 8-10 Repetitions.



HORIZONTAL FLEXION II

Reach around to opposite shoulder. Fingers walk down spinal column as far as possible. Contract pectoralis major, anterior deltoid and coracobrachialis muscles. Place free hand on elbow of exercising arm for gentle assistance at end of movement. Return the arm to side after each repetition. Good for rotator cuff stretching, especially infraspinatus and teres minor muscles. 8-10 Repetitions.



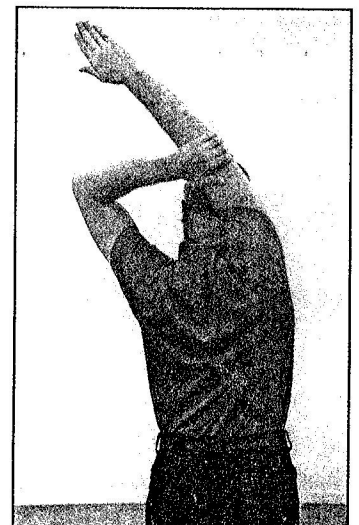
FORWARD ELEVATION

Lack of full forward elevation contributes to many shoulder problems. The arm should be able to reach a complete vertical position without bending the elbow. Keep palms facing body, elbows locked throughout movement. Reach one arm forward as far as possible contracting the upper biceps brachii and anterior deltoid muscles. Counterbalance spinal extension compensation by contracting the abdominal muscles and reaching the other arm back as far as possible. Complete the exercise without rotating upper torso, arching back, or allowing elbows to bend. Alternate left and right arms. Purpose is to gain greater forward elevation of the shoulder. It may be necessary to do the triceps stretch in order to achieve maximum forward elevation. 8-10 Repetitions.



SIDEWARD ELEVATION

Palm of hand facing forward. Keep elbow locked throughout movement. Reach upward as far as possible by contracting the deltoids and rotator cuff muscles, stretching the teres major, latissimus dorsi and serratus muscles. Cross arm in back of head. Assist by clasping elbow with opposite hand. Return to starting position after each repetition. A more advanced position is with the palm facing inward, elbow locked, fingers pointed toward the midline. Reach across midline, assist with opposite hand, elbow locked throughout movement. Purpose is to provide maximum upward rotation of the scapula, permitting maximum sideward elevation of shoulder complex. Alternate. 8-10 Repetitions.



POSTERIOR HAND CLASP

Clasp hands or move toward joining hands. Upper arm in vertical position in against neck, the opposite hand reaching up between shoulder blades attempting to clasp hands. For gentle assistance a rope or towel may be held in each hand to help gain range needed to clasp hands. Hand walks toward opposite hand. Do not assist without active effort. Stretch gently to increase range. It is not unusual that a person can do this well on one side but not on the other. Must work to equality or may result in greater percent of injuries when stressed in extended positions. Repeat 6-8 repetitions doing same for opposite shoulder.

