

## Phase 2

### GOOD FOR:

- Improving shoulder range of motion with increased mobility demands

### GUIDELINES:

- Perform every day, 2 or 3 times per day
- Tools: towel, dowel, dumbbell

Add phase 3 when you can do the exercises with no more than mild pain (3/10)

## shoulder external rotation stretch

Start with your elbow at 90 degrees. Place the palm of your hand against a doorframe or rack. Rotate your body away from your arm so that your shoulder moves into external rotation. Perform 3 reps with 30- to 60-second holds and work up to 2-5 minutes.



## shoulder flexion stretch

Stand facing a doorframe, wall, or rack. Place the outside edge (blade) of your hand against the wall, then slide your arm straight up over your head. Step forward through the doorway as your mobility improves. Perform 3 reps with 30- to 60-second holds and work up to 2-5 minutes





## shoulder horizontal adduction stretch

Elevate your arm to about 90 degrees and reach across your body. Keeping your shoulders square, place your opposite hand over your elbow and pull it toward your shoulder. Perform 3 reps with 30- to 60-second holds and work up to 2-5 minutes.



## shoulder abduction stretch

Standing with the side of your body facing a wall or rack, place the blade of your hand against the wall, then slide your arm straight up over your head. Step toward the wall as your mobility improves. Perform 3 reps with 30- to 60-second holds and work up to 2–5 minutes.



## shoulder internal rotation stretch

Holding a towel with one hand, throw it over your shoulder and grip it behind your back with the opposite hand with your palm facing away from your body. Use your top hand to slowly pull the towel, pulling your opposite arm up the center of your back. You can also do this stretch using a dowel. Perform 3 reps with 30- to 60-second holds and work up to 2-5 minutes.





## shoulder flexion eccentrics

Lie on a bench while holding a dumbbell in the press position. Keeping your elbow straight, slowly lower your arm into the overhead position. Hold for 2–3 seconds, then bend your elbow and return to the start position. Do 2–3 sets of 10–15 reps.

