

3 Sets / 1 Rep / 15 s hold

1. Posterior deltoid stretch

Bring your symptomatic arm across the front of your chest.
Place your other hand above the elbow and apply a gentle pressure, pulling your arm towards your chest.
Hold this position whilst you feel the stretch across the top and back of the shoulder.



2 Sets / 10 Reps

2. Arm wall walks shoulder flexion

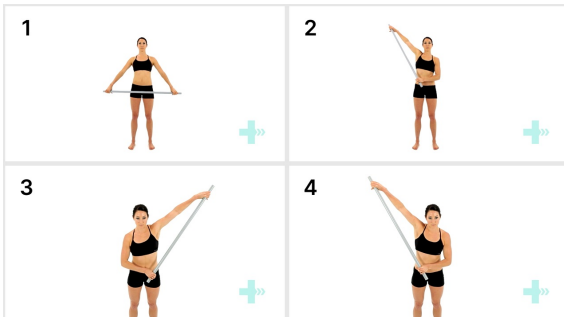
Take your hand out in front of you and place it up against the wall.
Walk your fingers all the way up the wall as high as you can go.
Make sure your shoulders are pointing straight towards the wall and you do not hunch your shoulders.
Walk your fingers back down to the starting position.



2 Sets / 10 Reps / 5 s hold

3. Shoulder abduction - bilateral

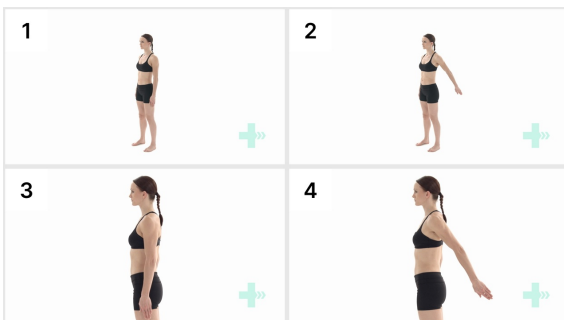
Hold a stick in both hands and hold it in front of you.
Push across your body with one arm, lifting your other arm out to the side.
Be careful not to hunch your shoulders up or twist your body around.
Control the movement back down carefully.
Repeat to the other side.



2 Sets / 10 Reps

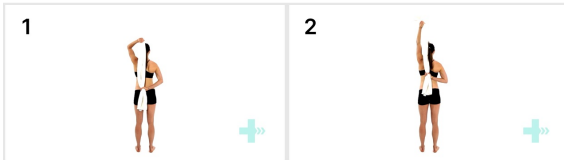
4. AROM GHjt extension

Stand up straight with your arms by your side.
Move your affected arm directly backwards as far as you can go, leading with your little finger.
Ensure you do not lean forwards or twist with the movement.
Control the movement back to the start position.



5. Hand behind back - Shoulder internal rotation stretch with towel

Take a towel and drape it over your good shoulder.
Reach behind your back with your symptomatic arm and hold the other end of the towel.
With your top hand pull the towel straight up so that your back hand comes up towards your shoulder blade.
You will feel this stretch in the front of your shoulder.



6. Shoulder lateral rotation stretch on table

Start in a seated position, sideways to a table with your symptomatic arm closest to the table.
Stretch your forearm out on the table with your palm facing downwards.
Gradually lean forwards as far as you can keeping your forearm in contact with the table throughout the movement.
This rotates the arm.
Once you've reached your furthest point hold this position, and then return back to the start position and repeat.

