

PHASE I | stretching

These exercises should be done at least **3** times a day. Warm up first with a hot shower, heating pad or hot water bottle. If you need pain medication take it about one half hour before you exercise. You should have some pain with the exercises but it should last only 10 or 15 minutes. It should take only 10 or 15 minutes to do all your exercises.

FORWARD ELEVATION: standing in doorway, stretch both arms overhead with hands on wall above doorway. Now lean and stretch forward at the shoulders. Hold 5-10 seconds, rest, repeat 10 times.



INTERNAL ROTATION: with elbow bent, put arm behind back and rest it on a desk or table. Lunge forward slightly and bend at the knees to stretch arm up. Hold 10 seconds, repeat times.



EXTERNAL ROTATION: standing in a corner with elbows bent 90°, slowly lean body into corner. Hold 10 seconds, repeat 10 times.



EXTERNAL ROTATION: standing in a doorway with elbow bent 90° and held close to body, place palm on door jam and slowly turn body away from door. Hold 10 seconds, repeat 10 times.