

POSTERIOR INFERIOR capsular stretches

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.



SLEEPER STRETCH: Lie on side and stabilize scapula against wall. Shoulder is flexed to 90°, elbow to 90°. Passively internally rotate the arm through the wrist.



ROLL OVER SLEEPER STRETCH: Same as the sleeper stretch except that the shoulder is only flexed to 50° to 60° and the patient rolls forward 30° to 40° from vertical to side lying.



CROSSED ARM STRETCH: Patient stands with the shoulder flexed to 90°. Passive adduction is applied by non-dominant arm. This stretches primarily posterior musculature.



DOORWAY STRETCH: Shoulder is abducted to 90° and elbow flexed to 90° with the elbow on the edge of an open doorway. The patient leans forward and inferior.