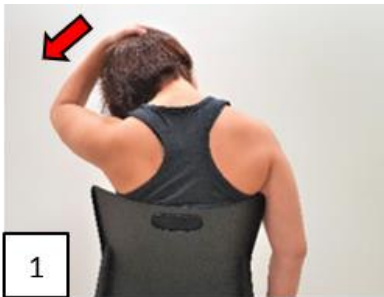
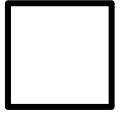


Department of
PHYSIOTHERAPY

Shoulder Stretching Exercises



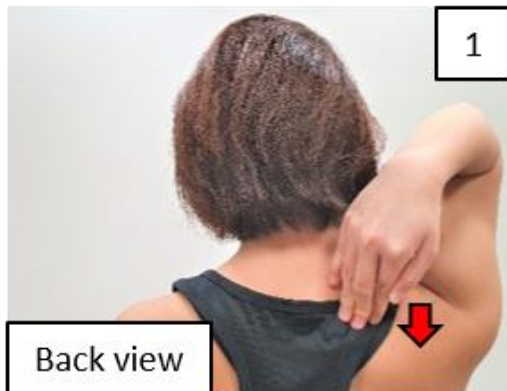
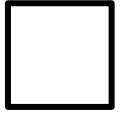
Upper Trapezius Stretch



1. Sit on a stable chair.
2. Hold onto the side of the chair (on your affected side). Tilt your head sideways and bring your ear to your shoulder.
3. In this position, turn your neck to look upwards at the ceiling. Use your other hand (unaffected side) to gently pull your head downwards. You should feel a stretch along your neck and the top of your shoulder.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

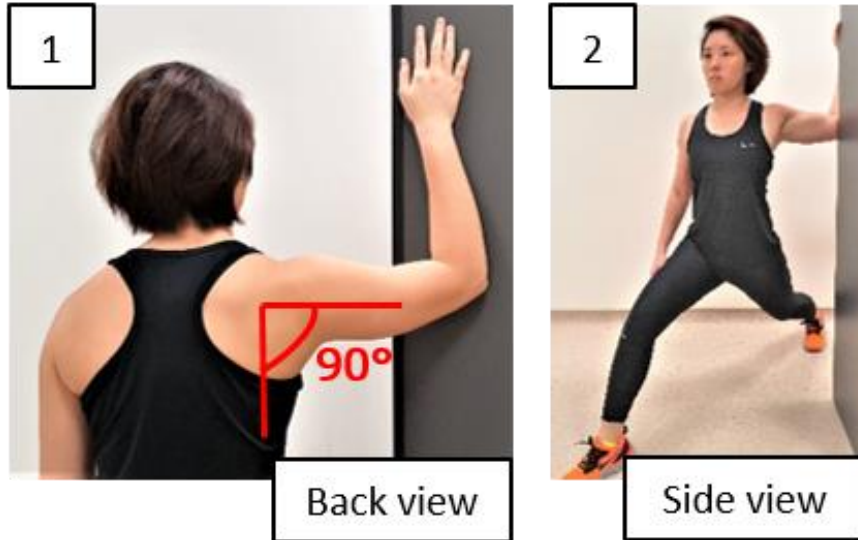
Levator Scapulae Stretch



1. Reach backwards over your head (on your affected side) and position your hand on top of your shoulder blade. Press your hand downwards onto your shoulder blade.
2. Turn your head 45° to the opposite side and tilt your chin downwards. Use your other hand to gently pull your head downwards. You should feel a stretch along your neck and shoulder.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

Pectoralis Major Stretch – Clavicular Head



1. Stand next to the corner of a wall. Place your forearm on the wall with your shoulder and elbow bent at 90°.
2. Turn your body away from the wall and lean/lunge forward. You should feel a stretch across your chest.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

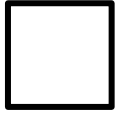
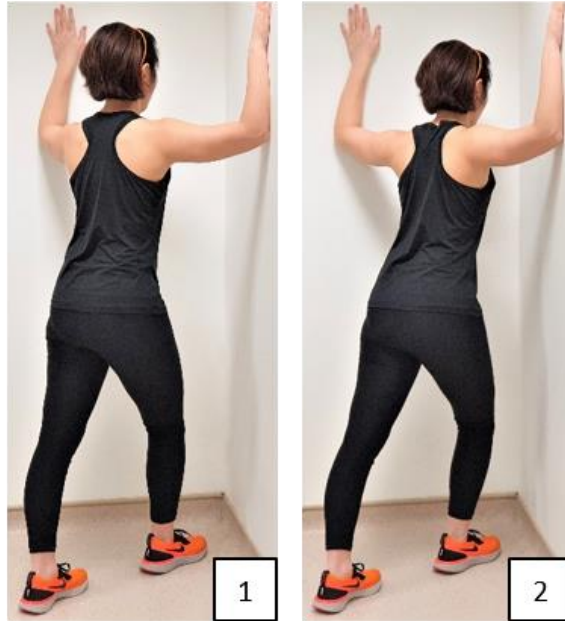
Pectoralis Major Stretch – Sternal Head



1. Stand next to the corner of a wall. Place your forearm on the wall with your shoulder and elbow bent at 120° .
2. Turn your body away from the wall and lean/lunge forward. You should feel a stretch across your chest.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

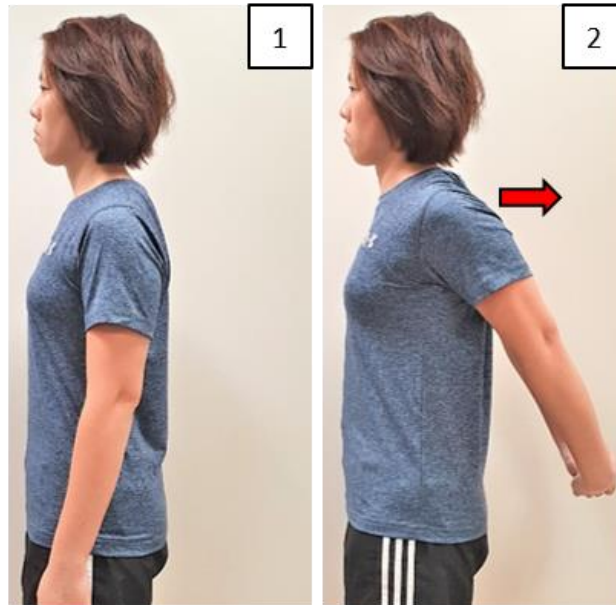
Corner Stretch



1. Stand facing the corner of a wall with one foot in front of the other. Raise your shoulders to slightly less than 90°. Place one forearm on each side of the wall.
2. Without moving your arms on the wall, lean your body forward. You should feel a stretch across your chest.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

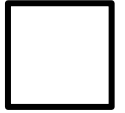
Pectoralis Stretch – Hands Behind Back



1. Stand with your feet shoulder-width apart. Bring your arms behind your back and clasp your hands together.
2. Bring your shoulders backwards slowly and squeeze your shoulder blades together. You should feel a stretch across your chest.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

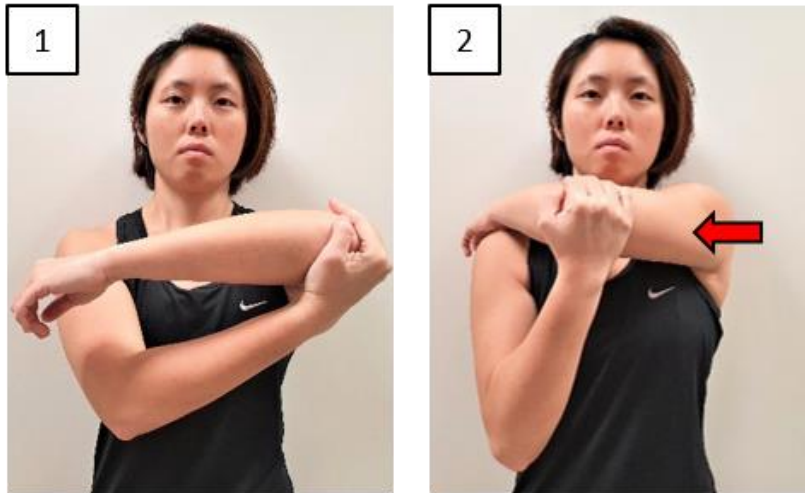
Inferior Capsule and Triceps Stretch



1. Raise your affected arm upwards and bend your elbow such that your forearm is behind your head.
2. Use your other hand (unaffected side) to gently push your elbow downwards towards the centre of your shoulder blades.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

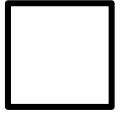
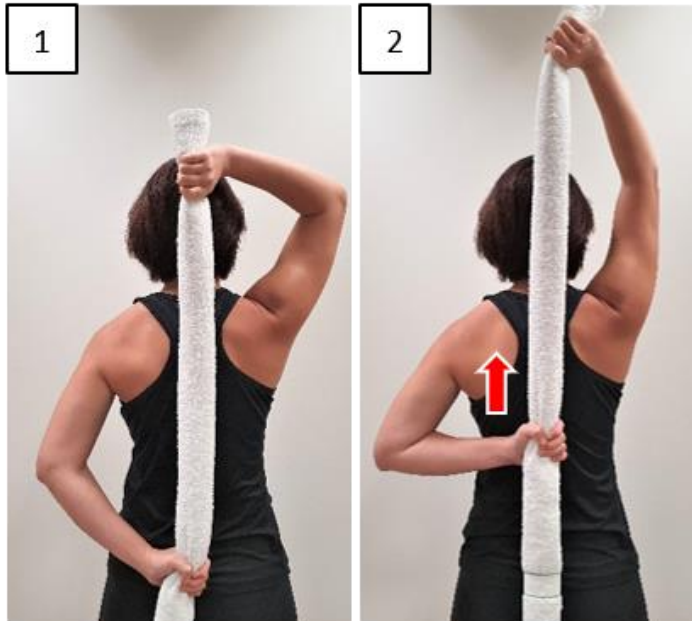
Posterior Capsule and Posterior Deltoids Stretch



1. Lift your arm (on your affected side) and place it on the opposite shoulder across your chest.
2. Use your other hand to gently push your elbow towards your chest. You should feel a stretch at the back of your affected shoulder.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

Hand-Behind-Back Stretch (with Towel)



1. Sit/stand with your feet shoulder-width apart. Hold one end of a rolled towel behind your head with one arm (unaffected side) and the other end behind your back with the other arm (affected side).
2. Pull the towel upwards towards the ceiling with your top arm (unaffected side) such that the bottom arm (affected side) slides upwards along your spine.

Hold for ____ second(s).
Repeat ____ time(s) per session.
Complete ____ session(s) a day.

Clinic B1C
TTSH Medical Centre, Level B1
Contact:
6357 7000 (Central Hotline)



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