

**STRETCHING INSTRUCTIONS**

Weldon advises his patients to stretch all directions or quadrants, of shoulder, five times a day, holding each stretch for at least 30 seconds. "You cannot stretch one quadrant and ignore the others," Weldon said. "It needs to be in balance."

**Weldon's general stretching rules for his patients:** You should feel your shoulder stretching. If stretching does not cause you pain that lasts at least five minutes, then you have not stretched hard enough. If stretching causes pain that lasts longer than 15 minutes, then you have stretched too hard.

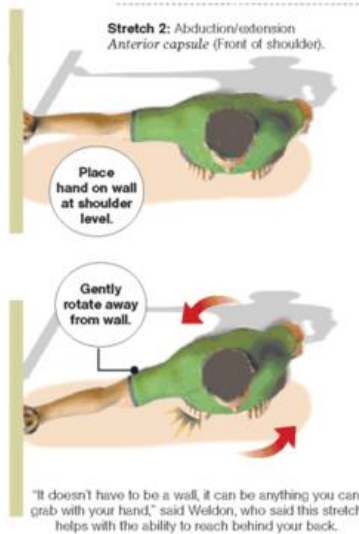
"It doesn't matter the order, as long as you do all of the stretches," Weldon said.

Weldon advises his patients to stop the stretches immediately if the pain increases with these stretches.

**STRETCH 1: Forward elevation**  
*Anterior/inferior capsule (Front/lower part of shoulder).*



"This stretch can be done sitting down," said Weldon, who said it helps with lifting arms above head.



**Stretch 2: Abduction/extension**  
*Anterior capsule (Front of shoulder).*

Place hand on wall at shoulder level.

Gently rotate away from wall.

"It doesn't have to be a wall, it can be anything you can grab with your hand," said Weldon, who said this stretch helps with the ability to reach behind your back.



**Stretch 3: Abduction/flexion**  
*Posterior capsule (Back of shoulder).*

Cradle stiff arm in opposite elbow.

Gently pull stiff arm toward your body.

"It's important to get the affected arm into the crook of the elbow, not by the hand; that way you get good leverage from it," said Weldon, who said this helps cross-body motions.



**Stretch 4: Abduction/internal rotation**  
*Posterior/inferior capsule (Back/lower part of shoulder).*

Lay on affected shoulder.

Gently push affected hand toward floor.

Extend arm straight out from body.

"This can be done in a seated position up against a desk, but the important thing is to make sure your shoulder blade is being compressed against a flat object," Weldon said. "This is a very powerful stretch, this is the one you can overstretch if you go too far. Be aware and follow the rules that pain dictates."



**Stretch 5: Abduction/internal rotation**  
*posterior/superior capsule (Back/upper part of shoulder).*

Grab stick or towel held by unaffected hand

Gently extend unaffected hand upward.

Place affected hand behind

"Subtle stiffness usually starts in the posterior (back) capsule," Weldon said. "It should be taken very seriously. Once it's getting stiff, the posterior stretches are very important," Weldon said. "This is going to help with all things in reaching behind the back."

Source: Dr. Edward J. Weldon II, MD, of the Bone & Joint Center at Straub.