



Routine For:
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Shoulder Passive Stretches II

SHOULDER - 16 ROM: Inferior Glide

With towel under arm,
gently pull arm toward
floor until stretch is felt.
Hold 20 seconds.

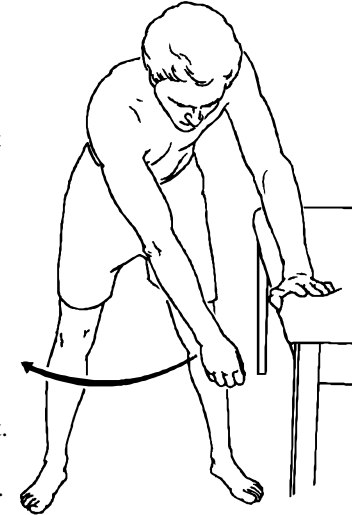
Repeat 3 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.



SHOULDER - 25 ROM: Pendulum (Side-to-Side)

Attach a 2-5lb wrist weight
to arm. Let arm swing
freely from side to side by
rocking body weight from
side to side.

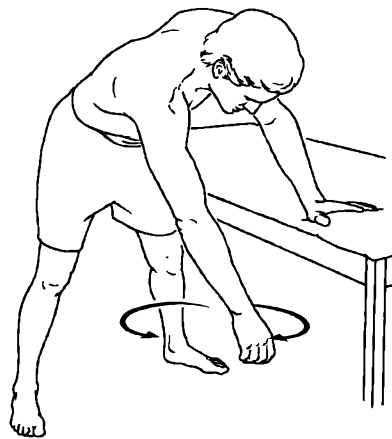
Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.



SHOULDER - 26 ROM: Pendulum (Circular)

Attach 2-5lb wrist
weight to arm. Let arm
move in circle lockwise,
then counterclockwise,
by rocking body weight
in circular pattern.

Circle 15 times
each direction per set.
Do 3 sets
per session.
Do 2-3 sessions
per day.



SIDE LYING ROTATION STRETCH

Lying on your side, bring arm 90deg from side of body.
Keep elbow bent 90deg. With opposite hand gently push
lower arm down to floor until a comfortable stretch is felt.
Hold position for 20 seconds.

Repeat 3 times per set
Do 3 sets per session
Do 2-3 sessions per day.