

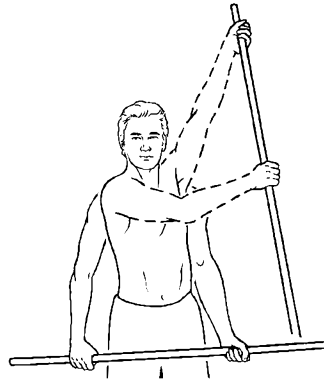


Routine For:
Created By: James Pamplin, DC

02-24-2012
Shoulder Passive Stretches

SHOULDER - 2 ROM: Abduction – Wand

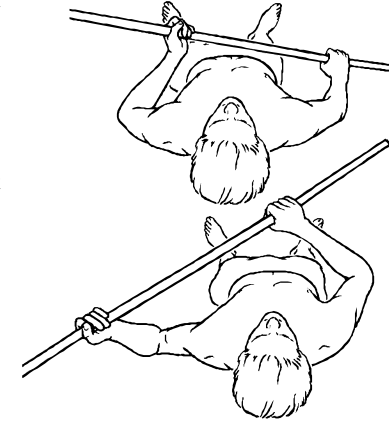
Holding wand with hand palm up, push wand directly out to side, leading with other hand palm down, until stretch is felt. Hold 20 seconds.



Repeat 3 times per session.
Do ___ sessions per day.

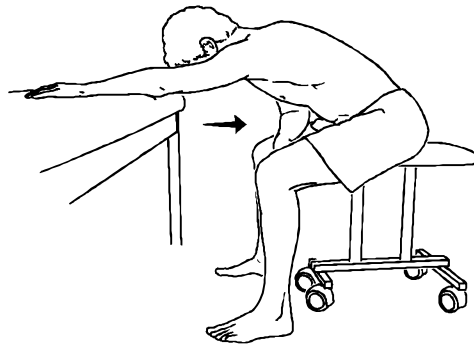
SHOULDER - 3 ROM: External / Internal Rotation – Wand

Holding wand with hand palm up, push out from body with other hand, palm down. Keep both elbows bent. When stretch is felt, Hold 20 seconds. Repeat to other side, leading with same hand. Keep elbows bent.



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

SHOULDER - 7 ROM: Flexion

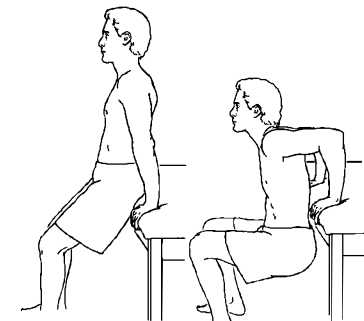


Keeping arm on table, slide body away until stretch is felt. Hold 20 seconds.

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

SHOULDER - 12 ROM: Extension

Feet shoulder width apart, holding onto table, gently lower body by bending knees until stretch is felt. Hold 20 seconds.



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