



Back of Shoulder Stretch

The purpose of this stretch is to elongate the soft tissue of the back of the shoulder and shoulder blade. Find an appropriate handhold (doorway, window frame, etc) and grasp with the affected hand. Lean away as shown, creating only mild traction through the arm and shoulder. Hold for 3-5 minutes, or as directed by your therapist.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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