

## POSTERIOR CAPSULE STRETCH

- ◆ LIE ON THE AFFECTED ARM, ELBOW BENT TO 90 AND POINTING STRAIGHT OUT TO THE SIDE.
- ◆ **DO NOT LEAN BACK.** STAY ON YOUR SIDE FOR THE DURATION.
- ◆ PLACE YOUR TOP HAND ON THE WRIST OF THE AFFECTED ARM.
- ◆ **GENTLY** PRESS THE AFFECTED HAND DOWN TOWARD THE TABLE.
- ◆ STOP AND HOLD WHEN YOU FEEL TIGHTNESS IN THE SHOULDER **BUT NOT PAIN.**
- ◆ HOLD THIS POSITION FOR 20-30 SECONDS AND THEN TRY PRESSING A LITTLE FURTHER.
- ◆ REPEAT THIS SEQUENCE REMEMBERING TO HOLD FOR 20-30 SECONDS BUT NO PAIN.
- ◆ YOUR GOAL IS TO GET THE HAND OF THE AFFECTED ARM FLAT ON THE TABLE / FLOOR.
- ◆ THIS MAY TAKE SEVERAL DAYS BEFORE YOU REACH YOUR GOAL.

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