

SHOULDER JPAC STIFFNESS WEEK 8

Hand Behind Back Stretch with Towel



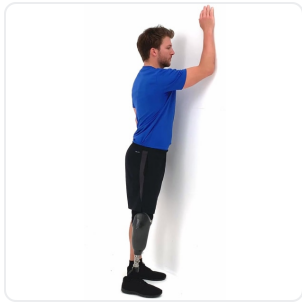
Description

1. Stand holding a towel behind your back
2. Reach the other hand behind your head and hold the other end of the towel
3. Pull the towel up to stretch the shoulder of the lower hand

Sets: 1-3

Time: 3*30SEC

Pec Stretch For Sternal Attachment



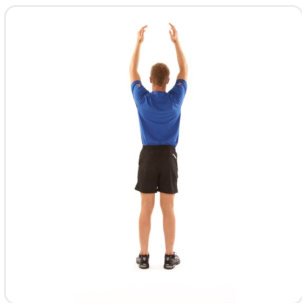
Description

1. Stand with the arm raised to the side and holding onto a wall or door
2. Step forward and turn away from the wall to stretch the chest and front of the shoulder

Time: 3*30SEC

Sets: 1-3

Lats Flexion Stretch



Description

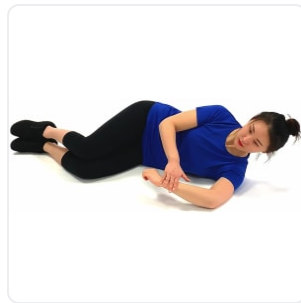
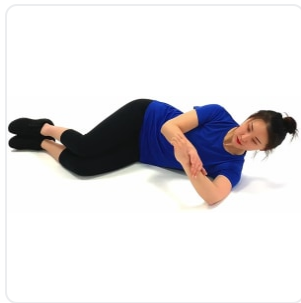
1. Raise the hands above the head
2. Interlock fingers then stretch the arms high and slightly forward
3. Hold for the prescribed time then relax the arms down

Sets: 2-3

Time: 30sec

Reps: 3-5

Sleeper Stretch



Description

1. Lay on your side so that you are resting a little weight on your shoulder blade to keep it still
2. Bend your elbow and the shoulder to 90 degrees with your forearm pointing to the ceiling
3. Keep your elbow still and gently lower your palm toward the floor

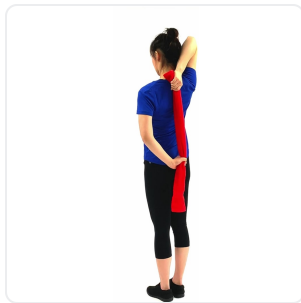
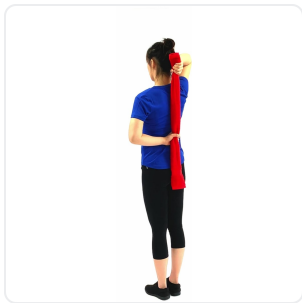
Sets: 3-5

Reps: 5

Time: 30sec

Tempo:

Shoulder External Rotation With Towel Behind Back



Description

1. Hold a towel behind your back with one hand behind your head and the other behind your hips
2. Pull the towel down to stretch the upper arm
3. Pull the towel up to stretch the lower arm

Sets: 1-3

Reps:

Hold: 3*30sec

Tempo: