



[www.readingshoulderunit.com](http://www.readingshoulderunit.com)

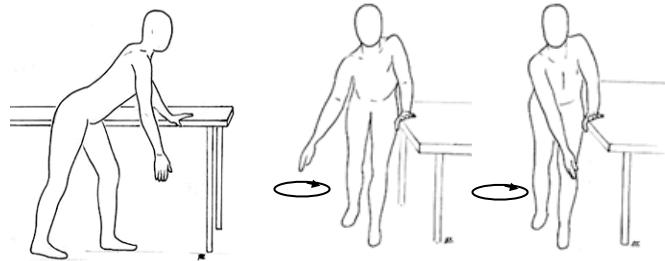
## Stretching exercises for tight shoulder capsule

These exercises should be carried out 3 - 5 times daily until your review with your Consultant, which is usually 4-6 weeks following injection.

### **Warm up exercise**

#### **1. Pendular exercises:**

Lean well forward using a table or worktop for support.



a) Let your arm hang down as relaxed as possible. Swing your arm in a small circle, clockwise then anticlockwise. Repeat x10 in each direction.

b) Swing your arm forwards and backwards in line with your body, parallel to your feet, not across the body. X 20. The addition of a weight 0.5 – 1Kg. helps the quality and comfort of the movement. (Fill a plastic milk bottle with water 500ml or 1 litre.)

#### **2. Passive assisted elevation:**

Flexion Stretch in lying supine. Lying on your back,

Grasp around your wrist or forearm, and raise the arm overhead as far as possible until you feel resistance. Hold 10 seconds. Then lower.

Pause and repeat exercise X 5 - 10 times.



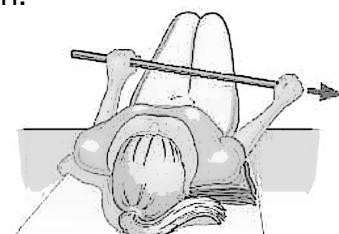
#### **3. External rotation stretch**

Lie down with a folded towel under your upper arm.

Grasp the end of a walking stick in your affected hand as shown.

Keeping the elbow tucked into your side, push the stick outwards away from the body, hence turning the upper arm. Stop at pain or resistance, and then hold for 10 – 15 seconds.

Pause and repeat exercise X 5 - 10 times.



#### **Private:**

Telephone: 07367582777 / 07488384479

e-mail: [info@readingshoulderunit.com](mailto:info@readingshoulderunit.com)

#### **NHS:**

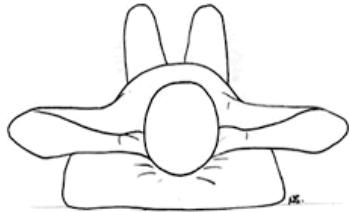
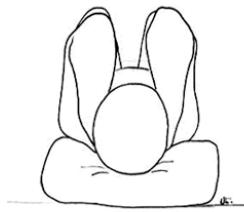
Telephone: 0118 902 8116 / 902 8109

[www.readingshoulderunit.com](http://www.readingshoulderunit.com)

**4. 'Siesta' stretches Hands behind head stretch**

**(when able to do exercise 3):**

Lying on your back, place your hands behind your head and gently stretch the elbows downwards towards the floor. You may push the elbow down with the other hand. Hold for 10 seconds and relax. Repeat 10 times.



**Another way:**

Interlock your fingers together on your chest, and lift both hands and place behind your head. Then drop your elbows outwards as shown.

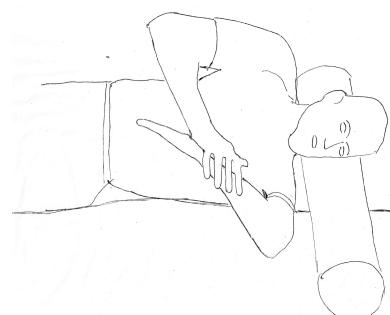
(You should feel a pull in the front of your shoulders.)

Hold 10 – 15 seconds. Repeat exercise X 10 times.

**5. Posterior stretch for tight posterior capsule:**

**a) The Sleeper Stretch**

Lie on the affected side with your upper arm and your elbow both at 90°. With your other hand GENTLY push downwards on the back of the wrist as shown. Hold for 10 – 15 seconds. Relax back to start position, Pause and repeat exercise X 5 - 10 times.



**b) Posterior stretch in standing:**

Take your affected arm across your body to rest the hand on the opposite shoulder. Grasp the elbow with your good hand, gently pushing the elbow back and keep pressure on as you pull the elbow and arm across your chest until you feel a stretch. Hold 10 - 15 seconds. Pause and repeat exercise X 5 - 10 times.



**6. Towelling behind the back:**

Drop a small towel over your unaffected shoulder and grasp the end with your other hand. Gently pull your hand up your back. Hold for 10 seconds and relax.

Repeat 10 times.

Avoid increased pain when stretching, but expect some discomfort.

The exercises should be repeated 3 – 5 times daily until your Consultant / Shoulder Fellow review, which is usually after 4 - 6 weeks.

If you experience an increase in pain while doing the exercises, reduce the number of repetitions and/or range of movement.

The above stretching exercises should ideally be taught to you by a physiotherapist, as not all may be suitable. Also manual therapy, shoulder management advice, and painless rotator cuff exercises, in addition to these exercises may be beneficial.

The exercises are often prescribed following injection into the bursa, but 1:1 with a physiotherapist is even better.

**Private:**

Telephone: 07367582777 / 07488384479

**NHS:**

Telephone: 0118 902 8116 / 902 8109

e-mail: [info@readingshoulderunit.com](mailto:info@readingshoulderunit.com)

[www.readingshoulderunit.com](http://www.readingshoulderunit.com)