

Shoulder Stretching Program

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- Relax the affected shoulder and apply a gentle stretching force using the opposite arm
- Total program can be done in as little as 10 minutes
- Perform at least 5 repetitions of each stretch daily
- Hold the stretch in the position on the right for a minimum of 20-30 seconds in each rep
- Perform stretches #1-3 lying on your back and perform stretch #4 standing up

1. Overhead Stretch



2. External Rotation Stretch



3. Cross-Body Stretch



4. Internal Rotation Stretch

