

Shoulder Stretches

Safety notice: When starting any new exercise always ease into the stretch gently to find your comfort limit. Some mild “stretching strain” may be experienced, but if significant pain is felt then ease off and try a more gentle version of the exercise. If pain restricts you from doing these stretches at all then consult a health professional for alternative options.

1. Shoulder raises in lying



This exercise helps improve the range of shoulder elevation. Start lying on a supportive surface with your legs bent as shown. Raise your arms upwards leading with the thumbs. If comfortable to do so, continue until your arms are over your head and then stretch them down to the floor as far as comfortable to do so. This exercise can be done holding a stick/pole.

2. Biceps stretch



This stretch is for the biceps muscle in the upper arm. Stand upright with your hand placed on a support. Step forward until you feel a comfortable arm stretch. Hold this for 20 secs. Repeat twice each way.

3. Hand Behind Back stretch



This stretch is for the shoulder joint and upper back. Standing upright, clasp a towel in each hand as shown. Use the upper arm to gently stretch the lower arm up. Hold this for 3 secs. Repeat 5 times each way.

4. Shoulder rolls



This exercise helps loosen up your shoulder blades and neck muscles. Stand upright and hitch your shoulders up towards the sky... then roll them backwards allowing your chest to puff out... then roll them forwards such that your chest tightens. Continue this smooth and controlled rolling action in one direction for five full rotations, then roll your shoulders in the opposite direction for a further five rotations.