



External Rotation Shoulder Stretch (For right shoulder in above picture)

Prepare

- Begin in a standing position, holding a section a towel in each hand, with one arm behind your head and the other behind your back.

Movement

- Straighten your bottom arm, gently pulling downward on the towel until you feel a gentle stretch in the arm that is behind your head.
- Hold this position for 20 seconds, then release and relax. Repeat the exercise 2-3 times.

Hint: Make sure to keep your back straight and neck relaxed during the exercise.



Internal Rotation Shoulder Stretch (For left shoulder in picture above)

Prepare

- Begin in a standing position, holding a section a towel in each hand, with one arm behind your head and the other behind your back.

Movement

- Slowly straighten your upper arm, gently pulling upward on the towel until you feel a gentle stretch in the arm behind your back.
- Hold this position for 20 seconds, then release and relax. Repeat the exercise 2-3 times.

Hint: Once you find the stretch you can lower the top arm and rest the hand on your chest while still maintaining the tension on the towel. Make sure to keep your back straight during the exercise.