Relievus®
Spine and Pain | A Clearway Company

Shoulder Stretching Guide for Tension and Pain Relief

Simple daily stretches to help you feel better and move easier

Posterior Capsule Stretch

Raise affected arm up to shoulder height. Bring affected arm across your body by pulling with the opposite hand until you feel a stretch in the back of your shoulder.

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day

SCAPULAR RETRACTIONS

Move your shoulder blades back and down. Hold, relax and repeat.

- Perform: 10 Repetitions
- Hold: 5 Seconds
- Complete: 2 Sets
- Frequency: 2 X / Day

SHOULDER - ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time. Hold, relax and repeat.

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day

SHOULDER - ISOMETRIC ABDUCTION

Place a small folded towel between your elbow and a wall. With your elbow bent to 90 degrees, gently push your elbow out to the side into the towel/wall. Hold, relax and repeat.

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day