



Bloomsbury Osteopathy

Shoulder Exercises

Stretch of the Anterior Shoulder Muscles

SHOM12

Function:

To stretch, lengthen and relax the muscles at the front of the shoulder. Stretching of the internal rotator muscles of the shoulder; Subscapularis, Pectoralis major, Teres major and Latissimus dorsi.

Method:

Starting Position:

Lie on the floor, face up. Place the affected arm out to the side of your body and with the elbow bent and hand pointing upwards.

Action:

Grasp a small weight and allow the arm to rotate backwards so that you aim for the back of the hand to contact the floor. Hold in this position for 30-60 seconds then rotate shoulder so that the hand points towards the feet. Rest for a few seconds and return to the upward direction.

Notes:

The down-phase of this exercise can be used to stretch the external rotators. This exercise also help to strengthen the rotator cuff muscles.

If you suffer from a shoulder problem such a rotator cuff tear consult your osteopath before doing this exercise.

STRETCHING OF THE INTERNAL ROTATOR MUSCLES OF THE SHOULDER:
1. SUBSCAPULARIS
2. PECTORALIS MAJOR
3. TERES MAJOR
4. LATISSIMUS DORSI
(SHOM12)

