



Bloomsbury Osteopathy

Shoulder Exercises

Capsular Stretch

SHOM02

Function:

To lengthen the tight capsule immediately surrounding the shoulder joint to increase the range of movement available.

Method:

Starting Position:

Lie on your side on a flat surface with the affected shoulder side down, the arm should be out in front of you with the elbow bent to 90° so that the hand is pointing upwards towards the ceiling.

Action:

Use the hand of the top arm to lever the bottom arm downward towards the ground until a stretch is felt at the shoulder.

Hold this position for 30 seconds whilst breathing slowly and deeply. Then return to the start position.

Notes:

If it is uncomfortable to lie on the affected shoulder, consult your osteopath for an alternative shoulder capsule stretch.

SHOULDER STRETCH (SHOM02)



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