



Bloomsbury Osteopathy

Shoulder Exercises

Supraspinatus stretch

SHOM01 / CSPM18

Function:

To stretch/relax the Supraspinatus muscle running across the top of the shoulder blade and across the tip of the shoulder.

Method:

Starting Position:

Stand with feet slightly apart, head in neutral position and shoulders relaxed. Place hand of affected side behind lower back, palm facing outward. Use other hand to clasp the wrist of affected side.

Action:

With torso remaining upright at all times. Draw the limb away from the affected side until a stretch is felt in affected shoulder. Hold in this position for 20 seconds whilst breathing slowly and deeply. Then return to start position.

Notes:

It is possible to modify this stretch to include neck muscles on affected side by gently tilting the head away from the side being stretched.

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk

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STRETCH OF THE:
1. SIDES OF THE NECK
2. TRAPEZIUS MUSCLE
3. SUPRASPINATUS MUSCLE
4. SHOULDER MUSCLES
(SHOM01)



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