



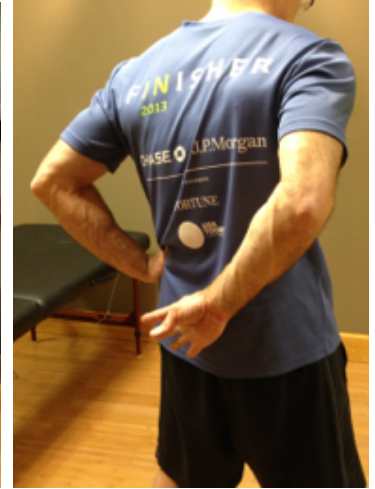
## Post Tenotomy Shoulder Stretches.

Repeat all stretches 10-15 times, three times per day

- 1** Stand with the treatment arm to your side elbow bent (Fig A). Bring the arm behind your back and reach toward the opposite hip (Fig B). Repeat 10- 15 times three times per day



A



B



C



D

- 2** Stand about two feet from the wall and place the treatment side hand on the wall with elbow bent (Fig C). Twist the hips and trunk away from the wall and straighten the elbow until a stretch is felt across the front of the shoulder (Fig D).

- 3** Stand next to a low counter or a kitchen table and place the treatment arm on the table in front of the body with elbow straight, palm down, fingers facing back (Fig E). Step forward with the opposite leg, bending the knee and keeping the treatment elbow straight until the arm is behind the body and a stretch is felt in the front of the treatment shoulder (Fig F).



E



F



G



H

- 4** Stand next to the wall with treatment arm behind and chest and shoulder lightly pressed against the wall. Place the opposite hand on the wall at chest height (Fig G). Maintaining contact between the front of the treatment shoulder and the wall push the opposite hand into the wall and turn the chest and hips away from the wall until a stretch is felt in the front of the treatment shoulder (Fig H).