

Upper Extremity Static Stretching



Side Lying Reach and Rotate

Start: Lie on side with arms extended in front of chest, palms together. Place pillow under head if desired. Position knees & hips to 90 degrees.

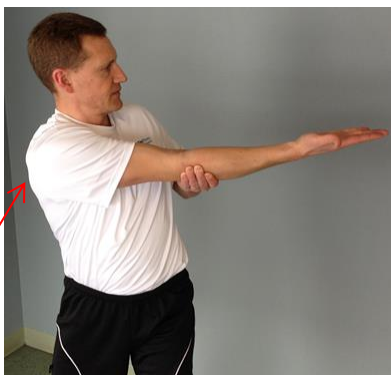
Finish: Simultaneously rotate top shoulder, arm, and head as far as motion will allow while keeping knees on ground.



Wall Pull Lat Dorsi

Start: Standing hold wall with thumb pointing downward at waist height.

Finish: Push hips backward by straightening legs to feel stretch along the side of shoulder and back.



Arm Across Chest

Start: Hold arm straight in front of chest with palm up. Ensure shoulder is not shrugging. Grab elbow with opposite hand.

Finish: Pull arm across chest toward opposite side to stretch backside of shoulder blade and upper arm. This may be performed seated, kneeling, or standing.