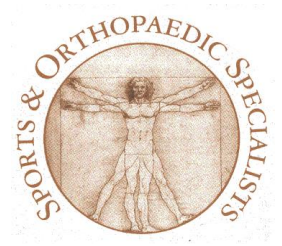


# SPORTS & ORTHOPAEDIC SPECIALISTS

## Four Corner Stretch



Complete the exercises below with no more than minimal pain.

If you develop questions or increased shoulder pain, call the clinic: **952.946.9777**

### **INTERNAL ROTATION** **BEHIND THE BACK STRETCH**

Lie on your back.

Tuck thumb / fingertips under your buttock.

Hold 3 repetitions for 30 seconds.

Do 5-7 sessions per week.

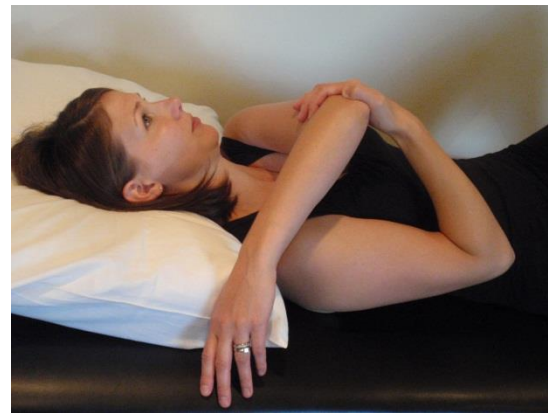


### **POSTERIOR CAPSULE** **GOLFER STRETCH**

Pull affected elbow across your body until a gentle stretch is felt.

Hold 3 repetitions for 30 seconds.

Do 5-7 sessions per week.



### **SLEEPER STRETCH**

Lie on affected side with upper arm at 90 degree angle to torso.

Keep shoulders stacked / torso vertical. Squeeze shoulder blades.

Press wrist down keeping a 90 degree bend in elbow.

Hold 3 repetitions for 30 seconds.

Do 5-7 sessions per week.



# SPORTS & ORTHOPAEDIC SPECIALISTS

## Four Corner Stretch



### **EXTERNAL ROTATION STRETCH WITH DOOR**

Stand facing door frame with towel tucked under elbow.

Bend elbow to 90 degrees and put wrist on door frame.

Turn away from affected shoulder until a gentle stretch is felt.

Hold 3 repetitions for 30 seconds.  
Do 5-7 sessions per week.



### **EXTERNAL ROTATION TABLE STRETCH**

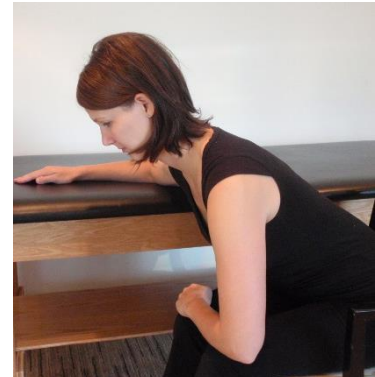
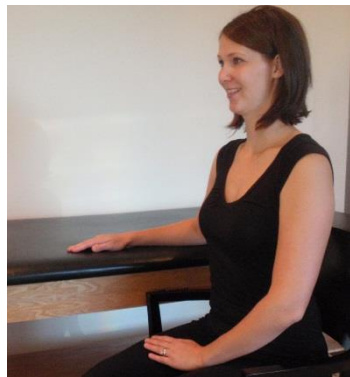
Sit sideways to a table, forearm propped.

Bend from the waist sliding forearm alongside your body.

Elbow should be in line with shoulder.  
Think about dropping armpit toward the floor.

Can prop other elbow on knee for support.

Hold 3 repetitions for 30 seconds.  
Do 5-7 sessions per week.



### **EXTERNAL ROTATION CACTUS STRETCH**

Stand facing door frame.

Place whole forearm on frame with elbow at shoulder height.

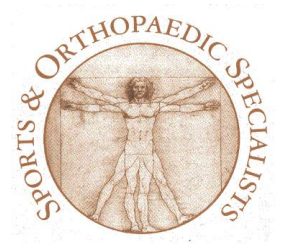
Turn away from the affected shoulder until a gentle stretch is felt.

Hold 3 repetitions for 30 seconds.  
Do 5-7 sessions per week.



# SPORTS & ORTHOPAEDIC SPECIALISTS

## Four Corner Stretch



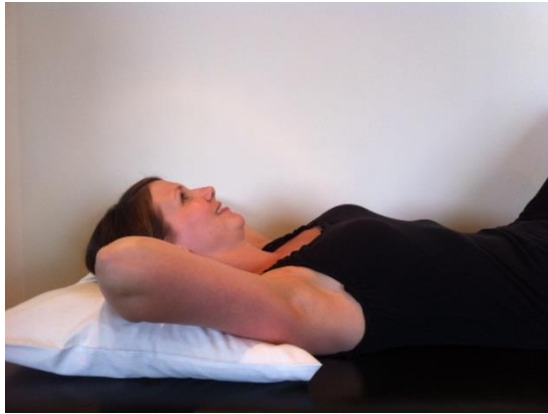
### LOUNGE CHAIR STRETCH

Lie on your back with hands propped behind head as if lying on a lounge chair.

Relax and allow gravity to pull elbow gently toward the floor.

Hold 3 repetitions for 30 seconds.

Do 5-7 sessions per week.



### PECT MINOR STRETCH

Lie over foam roller with head at one end and tailbone at the other.

Knees bent, feet on floor.

Allow hands to rest on floor palms up and 12 inches away from hips

Hold 2-3 minutes.

Do 5-7 sessions per week.



# SPORTS & ORTHOPAEDIC SPECIALISTS

## Four Corner Stretch



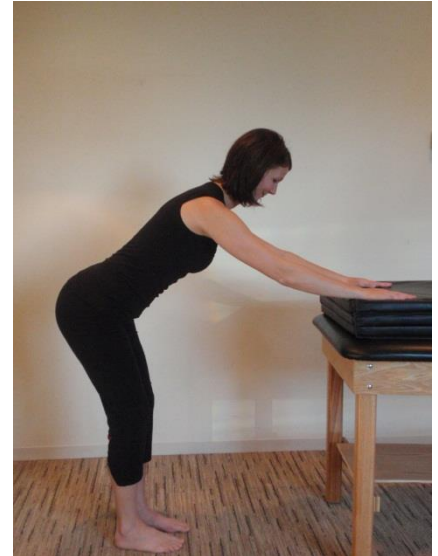
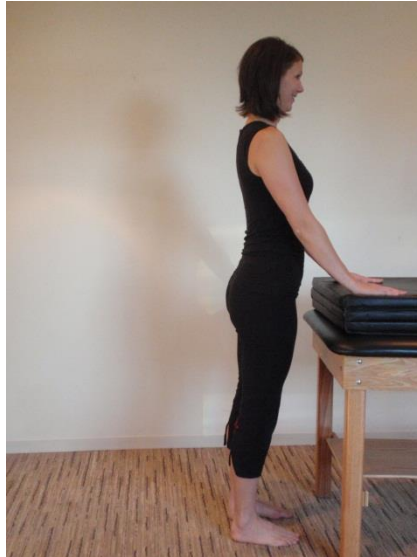
### PRAYER STRETCH

Rest hands on countertop.

Walk backward, opening shoulders, until a gentle stretch is felt.

Hold 3 repetitions for 30 seconds.

Do 5-7 sessions per week.



### WALL SLIDE

Stand facing wall with one foot in front of the other.

Interlock hands and slide up the wall until a gentle stretch is felt.

Hold 3 repetitions for 30 seconds.

Do 5-7 sessions per week.

