

Shoulder and Arm Stretches and Exercises.

A video of these exercises can be found at

<http://www.biotunechiropractic.com.au/shoulder-and-upper-limb/>



Stage 1: Range of Motion:

Heat pack to relieve muscle ache. (as much as you like)

Do these prescribed stretches every hour holding each stretch for 5 deep breaths.

1. **Stretch your Biceps**
2. **Stretch your supraspinatus**
3. **Stretch your infraspinatus and teres**
4. **Stretch your subscapulars**
5. **Traction your shoulder (this is done once per day for 10-15 mins)**
6. **Stay Mobile (Gently!)**
 - a. If you stay still for too long muscles cease up! So move your arm gently for 2 minutes every 30-60 minutes

Stage 2: Stabilisation.

Continue stretches above. (1 to 2 times per day)

- 1. Body blade (or tubing exercises)**
- 2. Scapular Setting: (build to 3 one minute holds)**
- 3. Scapular Push-ups (build to 2 sets of 20)**
- 4. Scapular Pull ups (build to 3 sets of 5)**

Stage 3: Strength and Conditioning. (all done 3-5 times per week)

- 1. Pull downs (theraband) (3 sets of 15)**
- 2. Rows (theraband or on machine) (3 sets 15)**
- 3. Y and T-Pulls (3 sets of 10)**
- 4. Fish Sizing (3 sets of 10)**
- 5. Pull ups (3 sets of 10)**
- 6. Scapular Push ups (3 sets of 20)**
- 7. Continue body blade**

Stage 4: Maintenance:

Ongoing!!

- 1. Join Pilates or Yoga or Tai Chi, or get a personal trainer, or join a sport you enjoy but DO SOMETHING active that will engage a range of muscles and keep your body moving!**
- 2. Reduce causing factors**
- 3. Get regular Check-ups** with your chiropractor to make sure you biomechanics are working!