

Spinal Cord Injury Assisted Shoulder Stretching Exercises

Upper Trapezius



-OR-

- Drop one arm to the side and depress the shoulder while gently bending the head towards the other side.
- Or have someone assist to gently stretch
- Avoid rotating the head during the stretch.

Hold stretch for 30 seconds, then repeat with the other side.

Pectoralis Major



-OR-

- Bend the elbow and bring the arm out to the side into partial abduction (below 90 degrees, keeping elbow below the shoulder)
- Slowly externally rotate the shoulder to stretch.
- Or place your forearm on the doorjamb

Hold stretch for 30 seconds, then repeat with the other side.

Pectoralis Minor



- Have someone place one hand on the front of each of your shoulder joints then press each shoulder joint down into the bed to stretch.
- Place a towel roll along the spine to increase the stretch

Hold stretch for 30 seconds.

Biceps



-OR-

- Straighten the elbow and bring the arm partially out to the side along the bed (into slight abduction).
- Pinch the shoulder blades together then down into depression.

Spinal Cord Injury

Assisted Shoulder Stretching Exercises

- Stretch the elbows straighter while maintaining the shoulder blade pinch and depression.
Hold stretch for 30 seconds.

Posterior Capsule



- When stretching the Right shoulder, lay in partial side lying in order to stabilize the shoulder blade on the side to be stretched.
 - Gently pull the Right arm across the body.
 - Place a pillow behind the Left shoulder to help maintain partial side lying
- Hold the stretch for 30 seconds, then repeat with the opposite side.*