

## 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.*