Spinal Cord Injury
Shoulder Self-Stretching Exercises

Perform these stretches ______

**Upper Trapezius**

- Drop one arm to the side of your chair and push the shoulder down while gently bending the head towards the other side with the other hand.
- Avoid turning the head during the stretch.
- **Hold stretch for 30 seconds, then repeat with the other side.**

**Pectoralis Major**

- Position your chair in a doorway. Bend the elbow to 90 degrees while placing forearm on the doorjamb.
- Keep your elbow below shoulder height
- Move or rotate the chair forward to slowly stretch the shoulder.
- **Hold stretch for 30 seconds, then repeat with the other side.**

**Biceps**

- Position your chair in a doorway. Move your arm off your chair and slightly out to the side keeping the elbow straight. Allow the forearm to contact the doorjamb.
- Pinch your shoulder blades down and together during the stretch.
- Move or rotate the chair forward to slowly stretch the shoulder.
- **Hold stretch for 30 seconds, then repeat with the opposite side.**

**Posterior Capsule**

- When stretching the Right shoulder, first 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 using the Left arm.
- Place a pillow behind the Left shoulder to help maintain partial side lying
- **Hold the stretch for 30 seconds, then roll over and repeat with the opposite side.**