

## 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.*