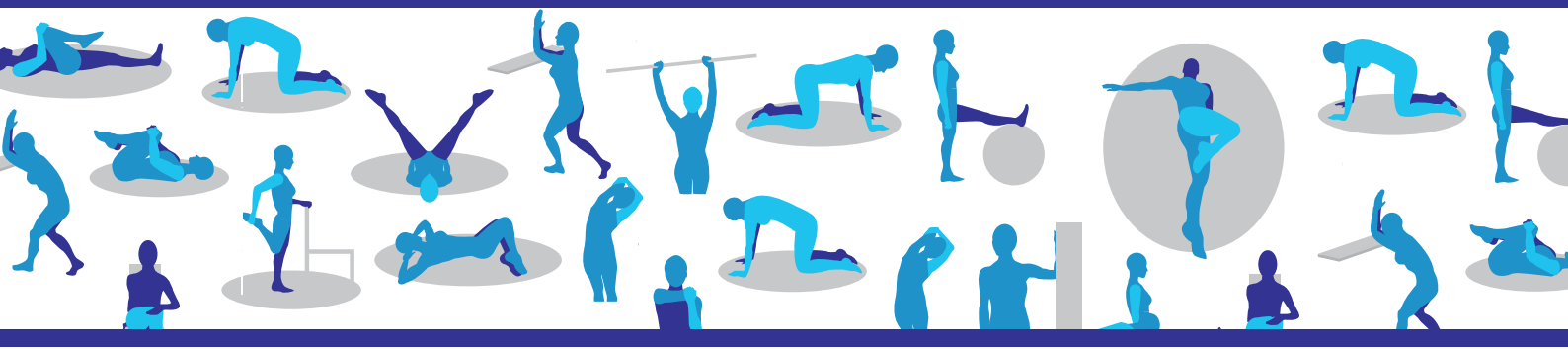
COPTHALL HEALTH

OSTEOPATHY · ACUPUNCTURE · MASSAGE

Shoulder Stretches



About the Author: David Powers

Every month, for more than 2 decades, 100s of people have consulted David Powers looking for answers to concerning questions about, and for a fast end to their Back Pain and stiffness.

David graduated from the British School of Osteopathy in 1996 after a full time BSc (Hons)Ost degree course. After qualifying he worked as an associate Osteopath in several established practices, taught at undergraduate level at the British College of Osteopathic Medicine before taking over at Copthall Health. He now splits his time between clinical practice, administration of his clinic, as well as specialising in the osteopathic treatment of animals.

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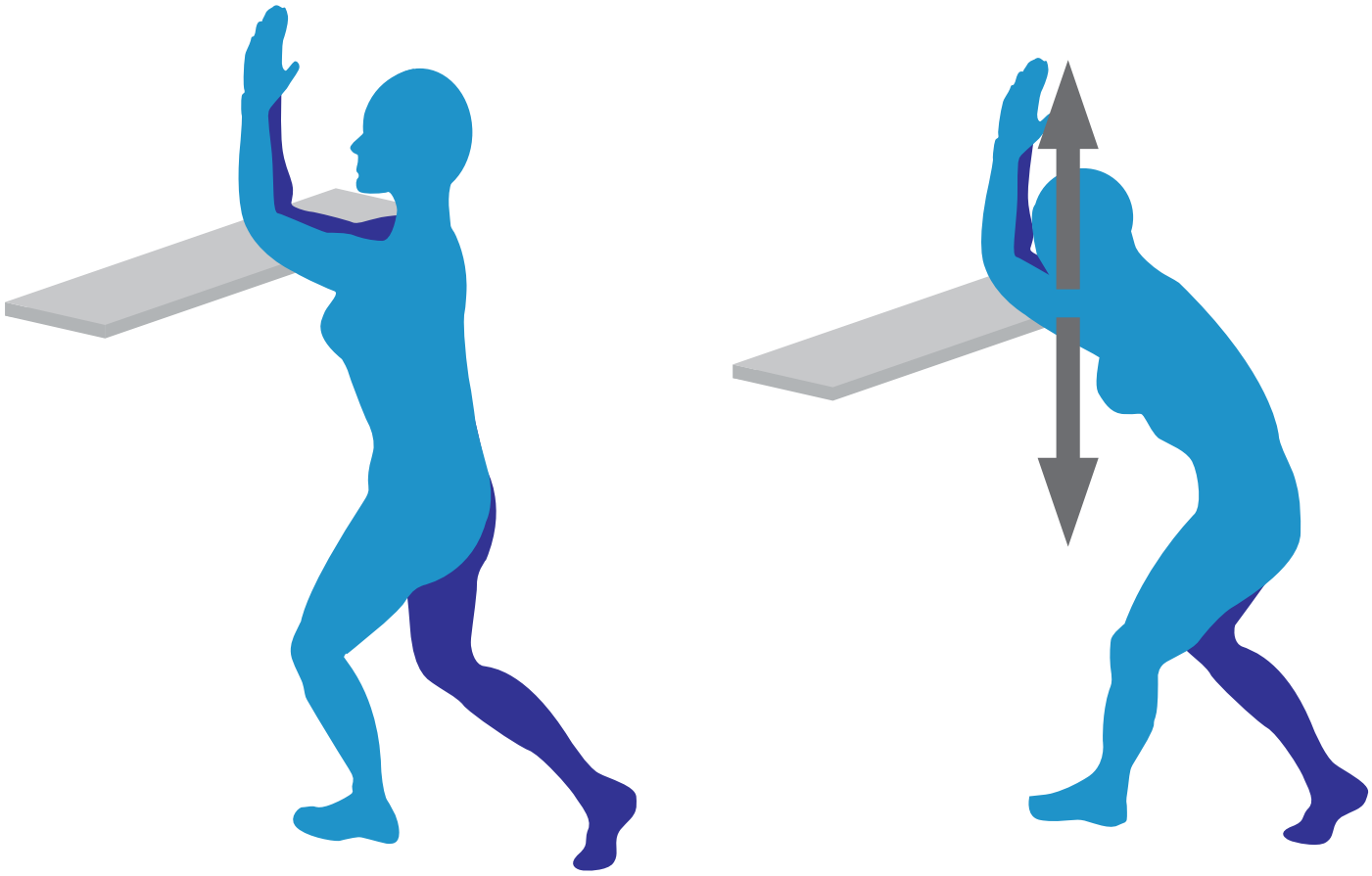
Latissimus Dorsi Stretch

- In a standing position rest your elbows on a shelf or high table/worksurface
- Slightly drop your knees and move your hips but DO NOT move your arms.
- You should feel a stretch sensation in both armpits and towards your shoulder blades.
- Handy information: the technical term for this exercise is a stretch to the Latissimus Dorsi muscle
  (there is no extra fee for the Latin lesson ☺)



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Mid-Deltoid Stretch

- To complete this exercise; cross your arm across your chest.
- Resist pulling your arm away from your body.
- You will feel a stretch sensation in your upper arm and shoulder.
- Repeat with the opposite arm
- Handy Information: this exercise stretches the mid-Deltoid muscle.

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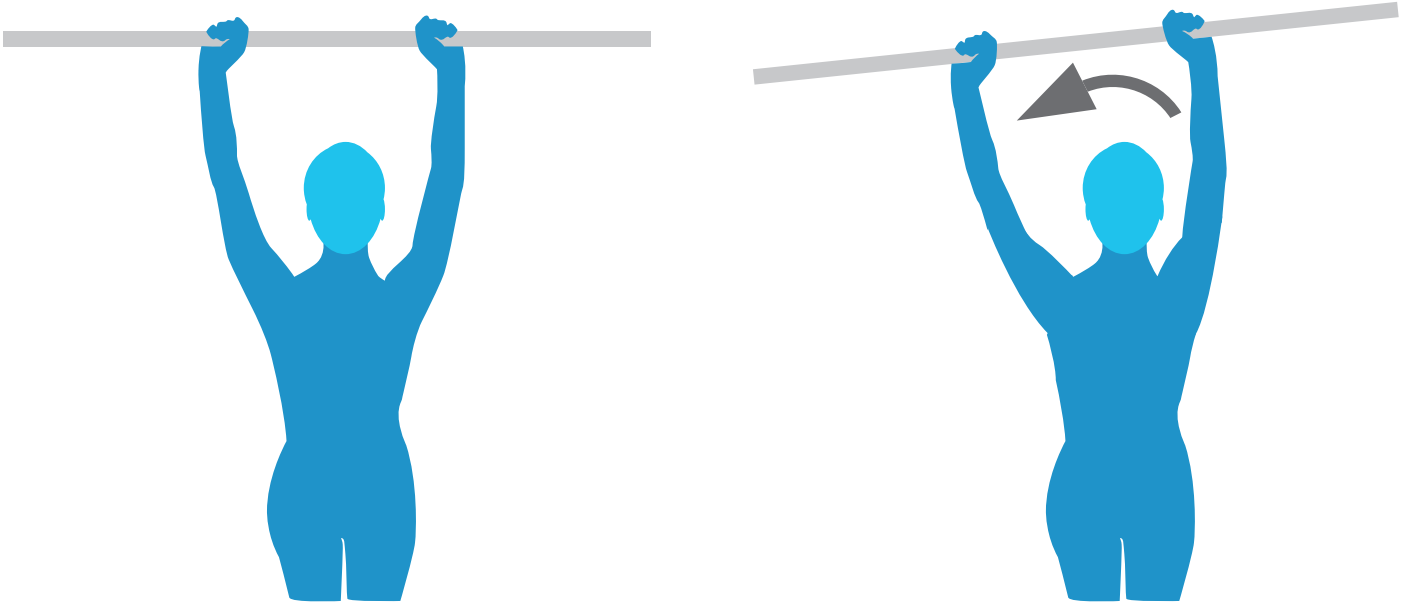
Passive Abduction Overhead with Broom Handle

- The later stages of rehabilitation this exercise will help to improve the mobility of your shoulder.
- Raise a broom handle(or equivalent) above your head
- Using your good arm, support the painful arm as you move it away from your body.
- If this becomes uncomfortable do not stretch any further unless your Osteopath has advised different.
- Repeat as many times as you are comfortable with.
- Handy Hint: If you don't have a spare broom handle, you could use a golf club.



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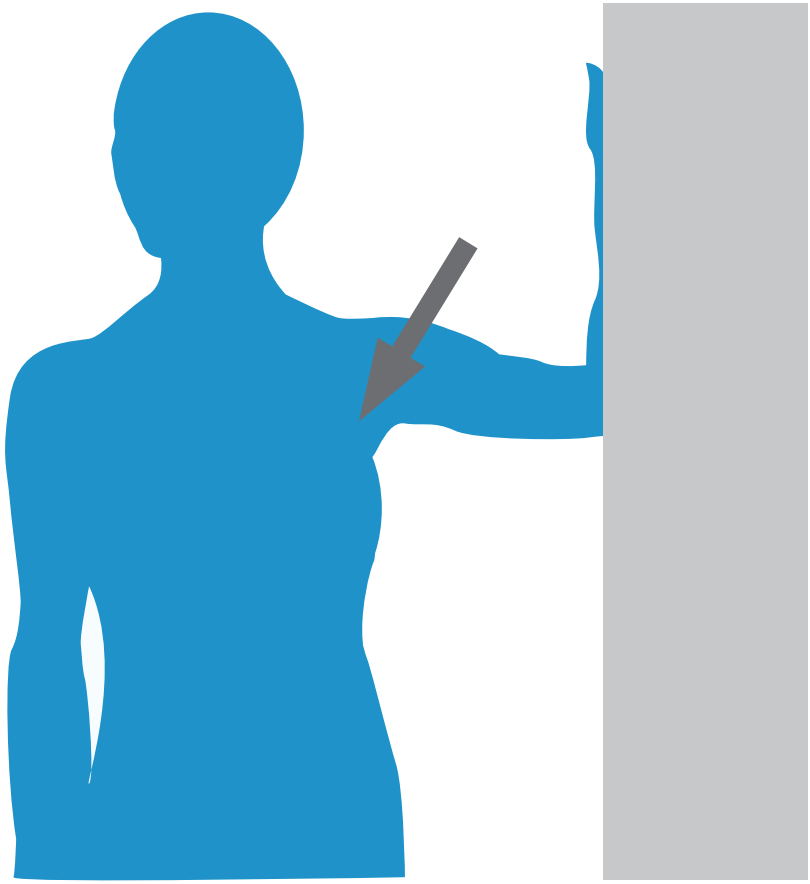
Pectoral Stretch

- To complete this exercise, which stretches the Pectoral muscle, you need to bend your elbow to a 90 degree angle.
- Rest your forearm against a wall or doorframe.
- Point your fingers towards the ceiling.
- Lean forwards as far as you are comfortable.
- You should feel a stretch sensation in your upper arm, front shoulder and a weaker sensation across your chest.



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Triceps and Lats Stretch

- Standing up straight lift one arm above your head.
- Put resistance through your elbow and try to bring your arm back down.
- Your arm should not move.
- Then do a side bend away from your body.
- You should feel a stretch sensation just behind your armpit.
- Useful information: this exercise also stretches your Latissimus Dorsi muscle as well as your Triceps.

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