

Exercise Prescription: Loaded Single Arm Extension

Purpose of Exercise:

This is a self-treatment for shoulder extension restriction.

Frequency:

You may complete this exercise daily, 10 times every hour until the restriction in the extension pattern is worked through.

Starting Position:

Standing with your feet staggered in a lunge position. With the affected arm at your side, a straight arm or slightly bent elbow, your hand should be supported on a firm surface. Your fingers should be pointing backwards (1). Your opposite arm may be placed behind the back in order to keep the shoulders and hips square.

Exercise Description:

From the starting position, keeping your shoulder away from your ear, lunge downward and slightly forward until a stretch is felt in the front of the shoulder. Move until a moderate amount of tension is felt in the shoulder and then return to the starting position. Make sure to breathe deep into your belly.

Repeat this movement ten times. Try to extend the arm progressively farther on each subsequent rep.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads down into the hand or fingers), discontinue the exercise.

Pictures:

