

Exercise Prescription: Repeated Single Arm Behind Back

Purpose of Exercise:

This is a progression for the self-treatment for shoulder restrictions.

Frequency:

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

Starting Position:

Standing with your feet shoulder width apart. Arms are straight and at your sides as shown (1)

Exercise Description:

From the starting position, keeping your shoulders square and away from your ears, extend the affected shoulder (2) and then reach across towards the opposite hip (3), and then reach as far up the back as possible or as far as pain permits (4). Keep your shoulders and hips square during this movement. Extra pressure may be added by gripping a towel or strap in the affected hand and using the opposite arm to pull the hand farther up the back (5-6).

Repeat this movement 10-12 times. Try to reach 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:



1

2

3

4



5

6