

## Exercise Prescription: Sleeper Stretch

### Purpose of Exercise:

This is a self-stretch and mobility exercise for internal rotation at the shoulder.

### Starting Position:

Lying on your side with the affected arm on the bottom, your shoulder blades stacked vertically on top of each other, head supported so that your neck is not bent to either side. Your bottom arm is flexed up to 90 degrees at the shoulder and elbow as shown (1).

### Exercise Description:

From the starting position, bring your palm downwards as far as you can towards the ground. Take care not to flex or extend the elbow (keep it at 90 degrees). Add a light amount of pressure with your top hand (2) and hold for 4-6 seconds then return to the starting position.

Shoulder blades should stay down and back throughout this exercise (don't let them shrug up towards the ears).

### Pictures:



1



2