

## Exercise Prescription: Cross Body Stretch

### Purpose of Exercise:

This is a self-stretch and mobility exercise for internal rotation and adduction 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). Your top hand is placed under your bottom elbow.

### Exercise Description:

From the starting position, pull your bottom arm up towards your top ear (2). 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



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