

General

- Focus upon making yourself taller in your posture; As if a string suspended your crown from the sky...at all times.
- Bras need to offer support but not compress the skin.
- When sleeping on your side the pillow should be under your chin & neck, not your shoulder. Also, it may be best to have a small pillow between your arm & torso on the affected side.
- Do not begin strengthening until stretching can be performed in a pain free manner.

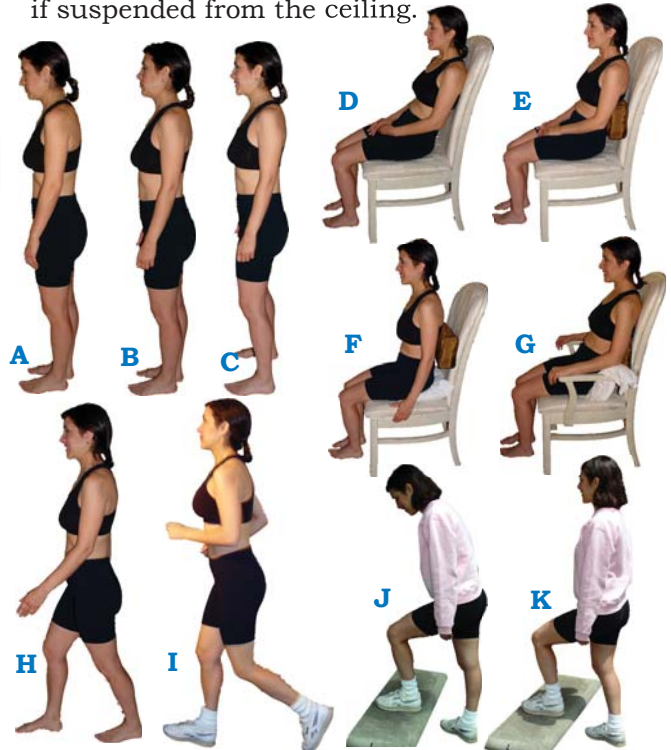
Stand in a doorway with one leg in front of the other. Place your hands flat at about shoulder level on both sides of the doorway and lean into the doorway (figure A). You should feel the stretch of your chest muscles. Continue to lean into this stretched position for 3-5 deep breaths. On each inhalation you will feel the stretch increase and upon exhalation the stretch will diminish. Try to keep the tension at the same level by leaning further with each exhalation. Next, move your hand placements up the wall to just about over the level of your ears (figure B). Repeat the leaning stretch in this position and upon each exhalation follow the release with a greater stretch. Lastly, move your hand placements so that you arms are fully above your head stretched (figure C). Repeat the leaning stretch in this position and upon each exhalation follow the release with a greater stretch. Cycle through each hand position 3 times & repeat this exercise 2-3 times a day until you no longer feel the tightness in your chest when performing it. Ideally, these exercises can be performed after using a moist heat pack or after a hot/warm bath or shower.

Doorway Stretch



Postural Considerations

- Posture is always better if effort is made to elongate the body, as if a string suspended your crown from the sky.
- **Standing Posture:** **A) Poor** – stooped, head forward & shoulders rounded; **B) Medium** – head & shoulders are back; **C) Good** – head & shoulders are back, weight on the forefoot.
  - **Seated Posture:** **D) Poor** – slumped, rounded shoulders, & head forward; **E) Good** – buttocks forward on chair with one foot placed behind; **F) Good** – a small wedge under the buttocks; **G) Good** – Using a lumbar roll or support with arms supported by an armrest that doesn't draw the shoulders up.
  - **H) Walking;** **I) Jogging;** & **J) Stairs** – all done as if suspended from the ceiling.



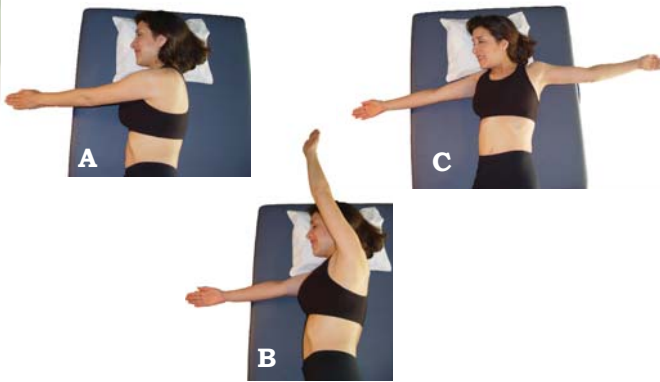
Alternate Stretch

Start by standing facing the wall with both hands on the wall at shoulder level. Turn your body away from the tight side and allow your body to go closer to the wall until tension is felt in the tight muscle, as pictured at right. Take 3 deep breaths and maintain the “feather’s edge” of tension in the muscle throughout the deep breathing & then return to a relaxed position. Repeat this stretch 3-5 times & repeat this exercise 2-3 times a day.



Arm Wheels

Start by lying down on your side with a pillow between your neck & shoulder (figure A). Reach your free arm straight out in front of you & rotate it at your shoulder in a circular fashion, like a wheel, while keeping your hand as close as possible to the surface upon which you are lying. If you feel your arm lift off the surface, stop rotating and stretch your arm out further away from yourself. You will find that when you do this your hand gets closer to the floor again. Re-start the circular motion again. At the top of your stretch, when your arm is closest to your head, rotate your hand around to face the ceiling (figure B). When you get to the point indicated in figure C, rotate around to the opposite direction. Do this exercise 2-3 times with each side & then repeat it 2-3 times a day.



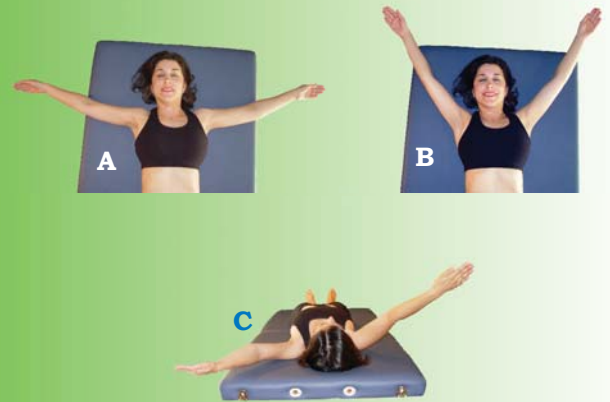
Strengthen with an Exercise Machine

Start by sitting down facing away from the machine, as shown in figure A. Push the hand-grips away from your body while inhaling deeply to end with your arms extended, as shown in figure B. Hold this position for 2 seconds. Then, allow gravity to slowly return you to the starting position as you inhale. Repeat this action for a total of 8-12 times. Take a 30-90 second break and repeat as directed by your physician.



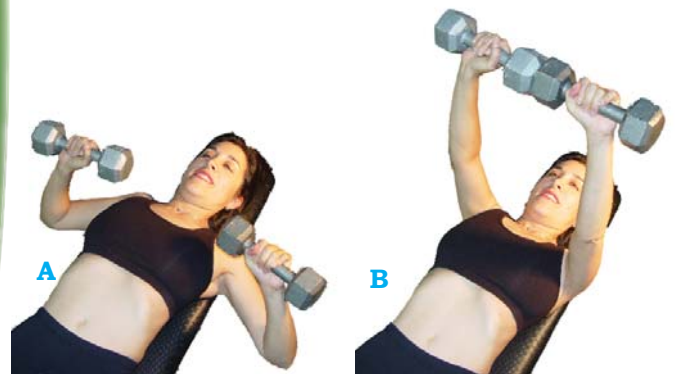
Shoulder Abduction Retraining

Start by lying down on your back without a pillow & your arms straight out, palms up (figure A). Slide your arms along the floor, as if you were making a snow angel (figure B). If you feel your arm lift off the floor (figure C), stop rotating and stretch your arm out further away from yourself. If you can get your arm back to the floor, then re-start the circular motion again. If you cannot get your arm back to the floor, then that is as far as your should go. Do this exercise 5-7 times & then repeat it 2-3 times a day. Your goal is to stretch your arms above straight up above your head.



Strengthen with Weights

Start by lying down on your back with 5 lb dumbbells in each hand with your elbows bent & your wrist straight, as shown in figure A. Push the dumbbells away from your body while inhaling deeply to end with your arms extended, as shown in figure B. Hold this position for 2 seconds. Then, allow gravity to slowly return you to the starting position as you inhale. Repeat this action for a total of 8-12 times. Take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.



Also, Train

- Latissimus dorsi & rhomboid muscles