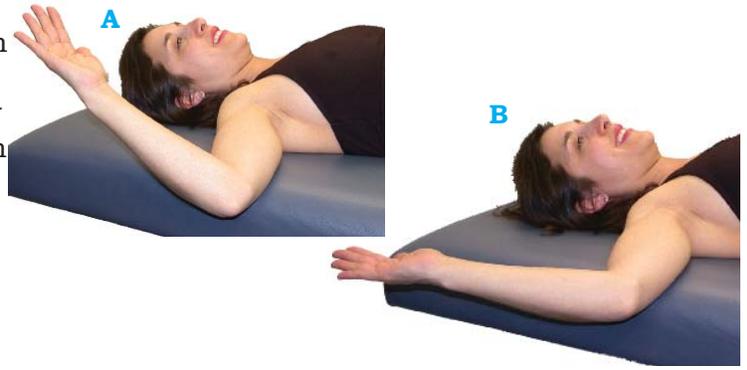


Gravity Self-Stretch

Start lying on your back. Raise your arm midway in the palm-up position as illustrated in figure A. Allow gravity to stretch the muscle to a more relaxed position (figure B). Taking a few deep breaths and breathing through the tension may be very helpful. Perform this stretch at least 3 times a day as needed.

If you cannot perform this stretch, then try the Resistance Self-Stretch described below.



Resistance Self Stretch

Start by lying on your affected arm's side with your arm bent as in figure C. Allow the back of your wrist to drop as close to the bed/floor as possible (figure D). Apply your unaffected hand to your wrist with a gentle pressure to the feather's edge of discomfort. Push your affected arm into your unaffected wrist for 3 deep breaths. After the 3 breaths relax and take the pressure off. Repeat this stretch again. Perform this at least twice a day and before and after any exercise, especially when the exercise involves rotating your arm.



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 your 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



General

- Avoid overhead lifting activities
- Avoid activities that involve throwing motions until pain free
- When free of pain the follow through of your throwing motion should be internal rotation.
- Avoid having the arm against the chest for a prolonged period, by hooking your thumb in your belt, putting your arm across the back of a chair next to yours, or by resting your arm behind your head.
- Strengthen the subscapularis muscle when it is free of pain to avoid a repeat of the injury.

I like to use a machine that I can control the amount of strain on this muscle, especially after an injury. However, a pull up bar can be used. Start with your body in the fully lengthened down position (figure A). Then pull yourself up to the bar (figure B) while completely inhaling. Then slowly allow yourself to sink back into the start position as you exhale completely. 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. The position of your hands on the bar can be changed to work different parts of the latissimus dorsi muscle and other muscle groups (figures C & D).

Pull-ups



General

- Avoid overhead lifting activities
- Avoid activities that involve throwing motions until pain free
- When free of pain the follow through of your throwing motion should be internal rotation.
- Avoid strengthening exercises until free of pain
- Strengthen the subscapularis muscle when it is free of pain to avoid a repeat of the injury.

Begin lying on your back with your arms fully extended above your head (figure A). If any discomfort is associated with this position, then stop the exercise and consult your physician. Pull your arms down to the position of figure B, while keeping your elbows close to straight and completely exhaling. Inhale while resisting the machine to allow your arms to come out like a bird about to flap its wings (figure C) and returning to the start position. Repeat this action for a total of 8-12 times, take a 30-90 second break and repeat, but this time pull your arms down like a bird flapping its wings (while exhaling) and allow your arms up in a straight up manner (while inhaling). This is the reverse motion you originally did. Repeat for a total of 6 sets or as directed by your physician.

Pull-downs



Also, Train

- Deltoid muscles
- Pectoralis muscles
- Trapezius muscles
- Triceps muscles
- Rotator cuff muscles