

Self-Pressure

While lying on your back or on your affected side, place a tennis ball under your shoulder. Roll around on the tennis ball to identify all of the tender point on your side (especially since this is a big muscle as illustrated in figure A). Once you find a tender point allow the tennis ball to dwell on it and maintain a tolerable level of pressure (figure B). The tender point should diminish as the pressure is applied. Each tender point in this muscle can & should be treated in this way. Perform this release 3 times a day as needed.



Prayer Stretch

Starting on your knees with your elbows together and planted on the seat of a chair lower yourself into the position of figure C. Drop your chest and sit back towards your heels. A stretch should be felt in the upper back. Increasing the sag in your lower back should increase the stretch. Hold this stretch for 5-6 deep breaths. After the 5-6 breaths allow yourself to relax and take the pressure off. Repeat this stretch again. Perform this at least twice a day and after any exercise, especially when the exercise involves rotating your trunk.



In the seated position, reach around the back of your head and try to grasp the corner of your mouth (figure A). Grasp the seat of the chair on the affected side with your other hand and lean away from the affected side toward your opposite knee (figure B). A stretch should be felt on the affected side. Hold this stretch for 5-6 deep breaths. After the 5-6 breaths relax and take the pressure off. Repeat this stretch again. Perform this at least twice a day and after any exercise, especially when the exercise involves rotating your trunk.

Mouth Wrap-around Stretch

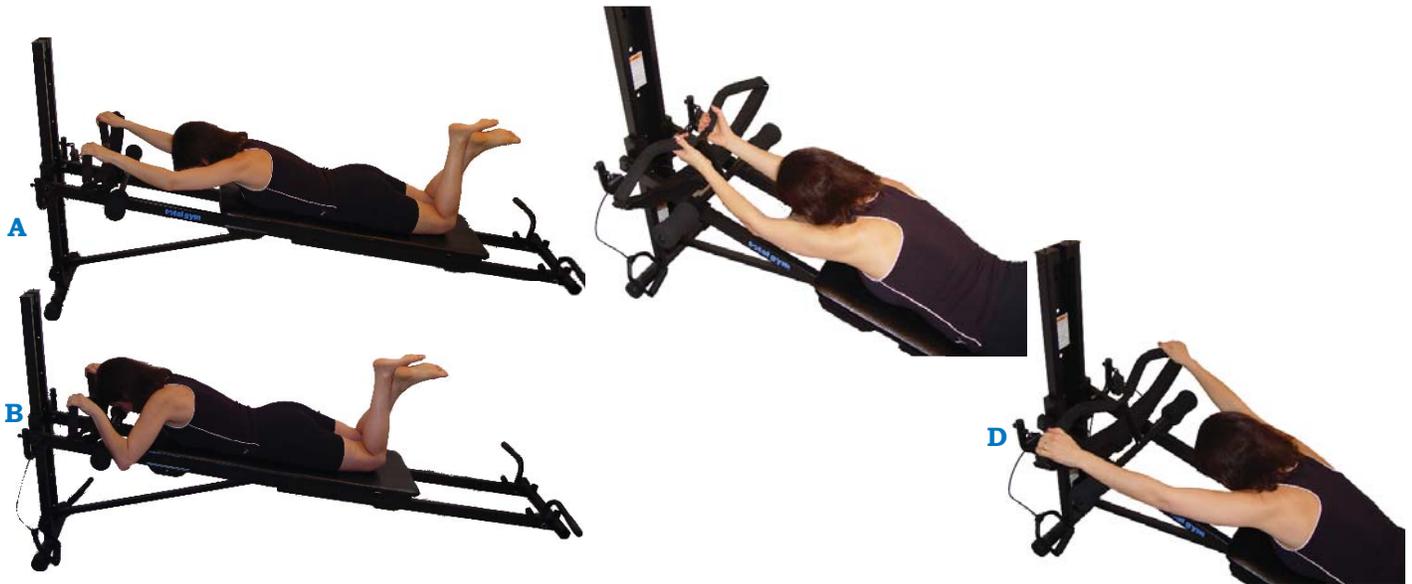


General

- Avoid overhead activities, pulling activities, hanging from your hands overhead
- Use cruise control and position your arm comfortably while driving to avoid stressing the muscle
- 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 teres major 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)

Strengthening with Weights



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.

Strengthening with a Machine



Also, Train

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