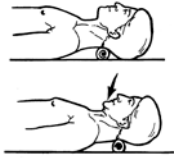




Shoulder Impingement—Phase I



- 1) Place small towel roll at base of skull
- 2) Gently tuck chin until a stretch is felt



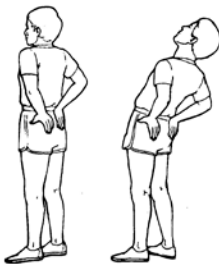
- 1) Stand with arms at side
- 2) Squeeze both shoulder blades together
- 3) Relax and repeat



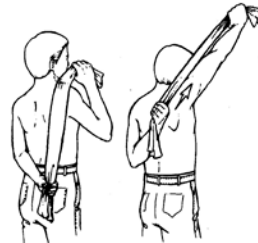
- 1) Stand or sit, raise shoulders upward toward ears
- 2) Return to start position



- 1) Let arm swing freely from front to back and from side to side
- 2) Use body weight to swing arm



- 1) Put hands at lower back
- 2) Arch backward to make hollow of back deeper



- 1) Hold uninvolved arm over shoulder with towel as shown
- 2) Grasp towel with involved arm
- 3) Slowly pull upward with uninvolved arm until a gentle stretch is felt.



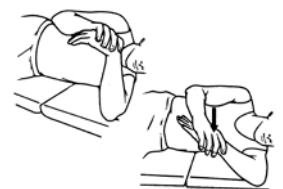
- 1) With shoulders at 90 degree angles, places elbows and forearms on wall
- 2) Lean forward until stretch is felt in chest



- 1) Bring involved arm across in front of body
- 2) Hold elbow with other arm
- 3) Gently flex the bent arm which will pull the other arm across chest until a stretch is felt in the back of shoulder



- 1) Place involved arm behind back
- 2) Use other hand to gently pull head sideways until a stretch is felt in neck



- 1) Lie on involved side on a flat surface
- 2) Bring involved arm across in front of body
- 3) Push down on hand toward table