



Southeast Kansas Orthopedic Clinic

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Shoulder/Scapula Exercises

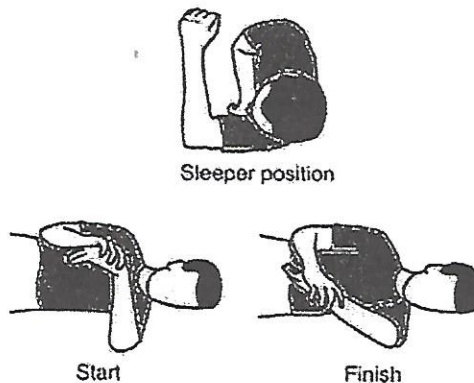
These exercises and stretches were designed to work on the flexibility and strengthening of your shoulder/scapula muscles. They will help ensure that your body is moving properly; decreasing the stress on your shoulders and elbows. You should also stretch your lower body muscles to ensure a proper kinetic chain.

If you are a competitive overhead athlete, these exercises/stretches will continue to be a part of your prehab throughout your athletic career. This program should be initiated six weeks before your season starts and continued throughout your season. During the off season, you will continue to perform the exercises; however, you will not need to perform them as often (about 50% as much).

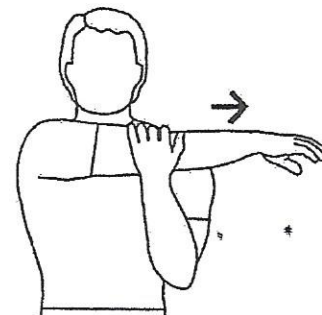
Perform your lower body stretching and your sleeper stretch three times per day. From the program, pick one or two exercises from each of the four pages to perform; making sure to rotate through all of them. These exercises should be performed every other day.

*Perform the following stretches:

Sleeper stretch



Cross body horizontal adduction stretch



Sleeper stretch: Lie on your side on a firm, flat surface with the affected shoulder under you and your arm bent. You can place your head on a pillow for comfort, if needed.

Use your unaffected arm to slowly push your affected arm down towards the hard surface. You should feel a stretch in the back of your affected shoulder.

Cross body stretch: Stand with good posture. Cross your arm over your chest and hold. If you do not feel a stretch, hold this position while trying to squeeze your shoulder blades together. You should feel a stretch in the back of your affected shoulder.

Hold both positions for 30 - 45 seconds. Perform 3 - 4 reps of each, 3 - 4 times per day.