



# CARE INSTRUCTIONS

KAISER PERMANENTE

## Shoulder Stretches: Exercises

### Your Kaiser Permanente Care Instructions

Here are some examples of exercises for your shoulder. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

### How to do the exercises

Note: These exercises should cause you to feel a gentle stretch, but no pain.

### Shoulder stretch



1. Stand in a doorway and place one arm against the door frame. Your elbow should be a little higher than your shoulder.
2. Relax your shoulders as you lean forward, allowing your chest and shoulder muscles to stretch. You can also turn your body slightly away from your arm to stretch the muscles even more.
3. Hold for 15 to 30 seconds.

## Shoulder Stretches: Exercises (page 2)

4. Repeat 2 to 4 times with each arm.

### Shoulder and chest stretch



### Shoulder and chest stretch

1. While sitting, relax your upper body so you slump slightly in your chair.
2. As you breathe in, straighten your back and open your arms out to the sides.
3. Gently pull your shoulder blades back and downward.
4. Hold for 15 to 30 seconds as you breathe normally.
5. Repeat 2 to 4 times.

### Overhead stretch



1. Reach up over your head with both arms.
2. Hold for 15 to 30 seconds.

## Shoulder Stretches: Exercises (page 3)

3. Repeat 2 to 4 times.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

### Where can you learn more?

Go to <http://www.kp.org>

Enter S254 in the search box to learn more about "**Shoulder Stretches: Exercises**".

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