



Things to keep in mind while performing stretches:

- Hold each stretch at the point of resistance for 30-60 seconds. If muscles are tight or motion is limited, hold for a full 60 seconds. Perform stretches daily.
- Don't force stretch past the point of resistance.
- Move joint in a slow but steady motion to avoid increased pain or spasticity.
- To prevent caregiver injury, remember to watch body mechanics. Adjust the height of the bed or change position to avoid leaning or reaching. Keep arm close to caregiver's body and allow body to assist with motion.
- Stretching shoulder blade prior to shoulder joint and in the following order is highly recommended.

Scapular Protraction & Retraction

Place hand underneath shoulder blade with tips of fingers curved around inside border. Place opposite hand on front over collarbone.



Pull shoulder blade away from the spine and hold. Keep hand in front and reposition other hand on outside border of shoulder blade. Push shoulder blade towards center of back and hold.



Scapular Elevation & Depression

Place hand underneath shoulder blade with tips of finger curved around top border of shoulder blade. Bottom of hand should be on lower border of shoulder blade. Place other hand in front over collarbone.



Use fingertips to pull shoulder blade down and hold. Use bottom of hand to push lower border of shoulder blade up and hold.

**Alternate Position: Lying on side**

Cup/cradle front & back of shoulder using both hands.

Elevation & Depression-- Gently push shoulder blade up toward head and hold. Then curve fingers over top of shoulder. Pull down towards feet and hold.

Protraction & Retraction-- Gently rotate shoulder forward toward front of body and hold. Next rotate shoulder towards center of back and hold.



Shoulder External & Internal Rotation

Place one hand behind the elbow and other hand below wrist. Bring arm out to the side with elbow bent to 90 degrees. Stabilize at elbow and rotate arm so palm faces up, and hold. Stabilize at elbow and rotate arm so palm faces down and hold.

**Alternate Arm Position**

If limited by pain or range of motion, begin with arm at side and elbow bent 90 degrees in handshake position. Rotate hand away from body and hold. Rotate hand towards belly button and hold.





Shoulder Abduction

With the arm positioned down at the side, place one hand above the elbow and the other hand on the wrist.



With the arm straight and in the thumbs up position, slowly glide the arm away from the side of the body towards the head and hold.



Shoulder Horizontal Abduction & Horizontal Adduction

Place one hand at wrist and the other hand above the elbow. Lift the arm to 90 degrees in front of the body.



Bring arm out away from body, keeping shoulder raised to 90 degrees and hold. Bring arm across body, keeping elbow straight without lifting body off surface and hold.

**Shoulder Flexion**

With one hand, support the upper arm. The other hand will support the forearm. With the arm in thumbs up position, slowly bring arm straight up in front of body, lifting arm towards head and hold.



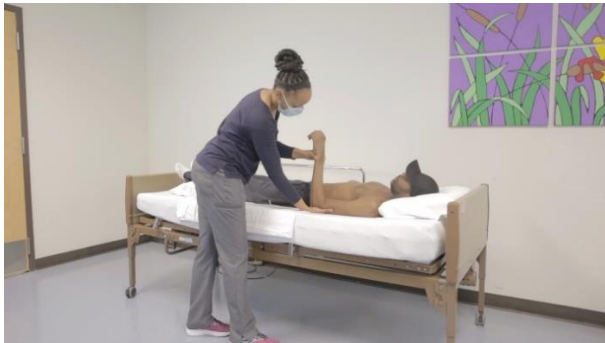


Elbow Supination & Pronation

Support elbow with one hand and grasp forearm below wrist with the other hand. Start in handshake position so thumb is pointing up. Elbow should be bent to 90 degrees. Rotate forearm so palm faces up and hold.



Rotate forearm so palm faces down and hold.

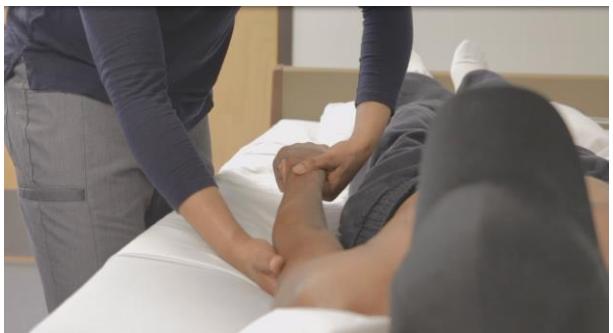


Elbow Flexion & Extension

Support elbow with one hand and grasp forearm below wrist with the other hand. Start with arm down at side and palm facing up. Bend elbow to bring hand towards shoulder and hold. Straighten elbow to bring hand towards bed and hold.



With arm straight at side, rotate forearm so hand is in thumbs up position and hold. Then with arm straight at side, rotate forearm so palm is facing down toward bed and hold.

**Wrist Flexion & Extension**

Support forearm and wrist with one hand grasping around the palm. With other hand, support fingers by grasping around fingertips. With elbow bent, bend wrist down with one hand while bringing fingers straight with the other hand. Bend wrist up while other hand brings fingers into palm forming a fist.

