



**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 with fingertips at the bottom tip of the shoulder blade. Place other hand on the top edge of the shoulder blade. With fingertips, pull shoulder blade up towards the head and hold. Using the other hand, push shoulder blade down towards the feet and hold.



### Shoulder External & Internal Rotation

Place one hand above 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 forward, 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

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.

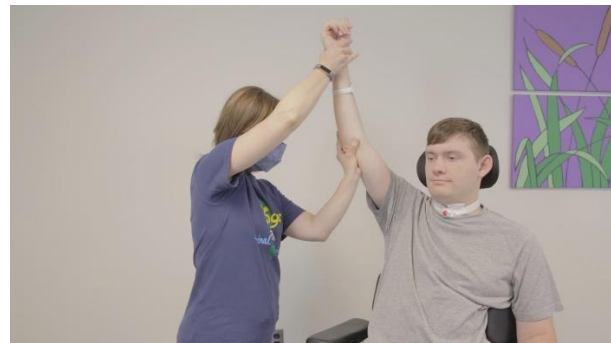


**Shoulder Horizontal Abduction & Horizontal Adduction**

Place one hand at wrist and the other 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 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 with palm facing up and hold.



With arm straight, rotate forearm so hand is in thumbs up position and hold. With arm straight, rotate forearm so palm is facing down and hold.

**Wrist Flexion & Extension**

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

