

Shoulder Stretching

Subscapularis Stretch



Step 1: Stand; on arm bent 90 degrees, elbow tucked in at side

Step 2: Bring arm toward the midline against doorjamb/restricted barrier for 10 seconds

Step 3: Exhale; bring arm away from body, walk forward into door jamb

Step 4: Do not lean, keep shoulders square

Step 5: Repeat stretch 2-3 times

Subscapularis Stretching w/ Rope

Step 1: Stand; arm bent 90°, elbow tucked in at side

Step 2: Stretch rope in one hand; looped around back, over elbow to hand resting on hip

Step 3: Bring arm toward midline, use rope as resistance for 10 seconds

Step 4: Exhale; bring the arm backward, assist gently with stretch rope

Step 5: Keep shoulders square

Step 6: Repeat stretch 2-3 times

