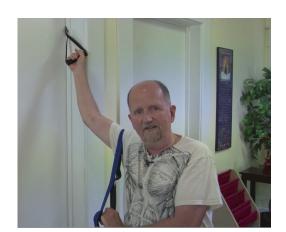


## **Shoulder Impingement Stretch**





**Indications** Shoulder pain, limited ability to raise your arm to the side.

**Cautions** Stop if there is any pain, as this stretch should be pain free. Do not swing on the stretching handle.

Technique

- 1. Place the stretching handle in the hinge side of a door, at a height that is comfortable.
- 2. Wrap the stretching strap around your upper arm close to the shoulder joint.
- 3. Hold on to the stretching handle, then pull on the stretching strap. Bend your knees to get a stretch to your shoulder.
- 4. Hold the stretch up to 30 seconds

Supplies

Stretching handles and stretching straps may be purchased at <u>simplefitnesssolutions.com</u>.

**Video** Video of this exercise is in the free section of the massage technique library at <u>MassageLibrary.com</u>

