

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 simplefitnesssolutions.com.

Video Video of this exercise is in the free section of the massage technique library at MassageLibrary.com

