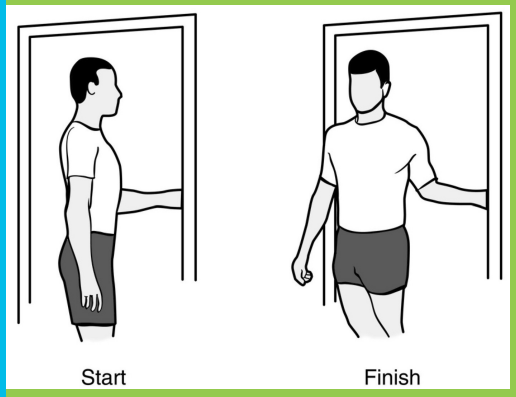
Torrance Memorial | An Affiliate of Cedars Sinai

YOUR SHOULDER IS FEELING BETTER: What Should You Do?

It's time to start moving. Here are some exercises you can do as you start having less pain. Be careful and resume activity slowly so that you do not re-injure the shoulder. Pay attention to how you feel during and after exercises.

WALL CRAWLS

Stand facing a wall, fingertips on the wall, begin to walk your hand up the wall, until a stretch is felt. Be sure not to shrug your shoulder up towards your ear. This stretch is a little more active and begins to activate shoulder muscles a little more, be cautious of excessive pain. Hold the stretch for 5-10 seconds, repeat 10 times.



DOORWAY EXTERNAL ROTATION

Stand in the doorway, grasp the door frame, bend elbow. Stand and rotate your feet and body in a circle away from the door. Stop when you feel a light stretch in the shoulder. Hold the stretch for 10 seconds, repeat 10 times.

HAND BEHIND BACK STRETCH

Drape towel or belt over your unaffected shoulder. Grab the strap with the affected arm behind your back. Gently pull up arm up the back until you feel a gentle stretch. Hold for 10 seconds, repeat 10 times.