

## Upper Limb Stretches

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The following sample stretches are for the upper back, shoulder and chest. They are basic stretches and are not suitable if you have an acute shoulder injury or recent shoulder surgery. If you do not have adequate range of motion in your shoulder or experience ANY pain, cease stretching and have your physiotherapist assess your injury or get specific advice by subscribing to [rehabonthenet.com](http://rehabonthenet.com) and visit the online treatment plans (OTP's) or the forum.

### Lat (back) stretch

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**This is a basic stretch for your upper back and shoulder. This stretch is for your Latissimus Dorsi muscle which passes from the rear of your shoulder to your lower back and side.**

- With one arm, hold onto door handle or a post (by rotating your hand inwards and reaching behind)
- Lean back slightly and turn towards arm holding door until you feel stretch under your arm and in your upper back
- Hold stretch for 30 seconds. Repeat twice on both sides



### Chest stretch

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**This exercise is a basic stretch for your chest. You should feel a stretch across your chest into your sternum where your Pectoralis Major muscle sits.**

- Place forearm along edge of door or pole
- Turn your body (chest) away from the door until you feel a stretch in your chest (pectoral muscle)
- Hold stretch for 30 seconds. Repeat twice on both sides



## Posterior cuff stretch

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This exercise is a basic stretch for the rear deltoid and posterior rotator cuff (infraspinatus, teres major and minor) muscles. This stretch can also be useful to stretch the posterior shoulder joint capsule. You must not experience any discomfort at the front of your shoulder; the stretch should be felt at the back of the shoulder.

- With your left arm, grasp the elbow of your right arm and pull across your body in a horizontal direction
- Do not pull so hard that your shoulder blade slides forward - it should stay stationary as arm moves across.
- Maintain light stretch for 30 seconds
- Repeat 2X30 sec holds, 2X daily
- Complete both sides by swapping arm positions

