



Bloomsbury Osteopathy

Shoulder Exercises

External Rotator Stretch (Teres Minor and Infraspinatus) SHOM11

Function:

To stretch, lengthen and relax the muscles that twist the upper arm in an outwardly direction. To stretch the Teres Minor and Infraspinatus muscles.

Method:

Starting Position:

Place the arm of the affected side horizontally across the chest with thumb pointing downward. Using the vertical forearm of the unaffected side, contact the elbow of the horizontal arm.

Action:

Using the vertical forearm gently pull the horizontal arm both toward and across the chest until a stretch is felt in the affected shoulder. Hold this position for 20 seconds whilst breathing slowly and deeply. Then return to the start position.

Notes:

Be sure not to rotate the torso during this exercise as this will lessen the stretch of the targeted muscles of the shoulder.

STRETCHES OF THE SHOULDER:
1. POSTERIOR DELTOID MUSCLE
2. SUPRA- AND INFRASPINATUS, TERES MINOR, TRICEPS MUSCLES
3. SHOULDER LIGAMENTS AND MUSCLES
(SHOM11)



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