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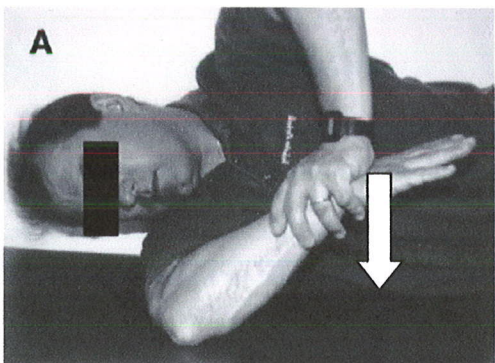
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## John J. Greco M.D

### Posterior Shoulder Stretching Program



#### A: Sleeper Stretch

- Lie on your side with the shoulder blade supported against a wall
- Flex your shoulder so it is perpendicular to your chest and parallel to the bed
- Flex your elbow 90° as shown
- Apply a downward pressure on your forearm using your uninjured arm
- Count to 10 and repeat 5 times



#### B: Roll-over Sleeper Stretch

- Same as above but shoulder is flexed only 60° from chest instead of perpendicular
- Roll forward 30° onto affected side
- Apply downward pressure on forearm of affected side
- Count to 10 and repeat 5 times

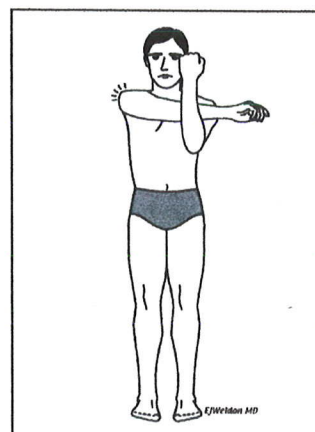


#### C: Cross-body Stretch

- Pull the arm of your affected shoulder across your chest
- Perform this stretch at three different levels
  - Slightly below shoulder height
  - At shoulder height
  - Slightly above shoulder height

- Count to 10 and repeat 5 times

- **Note:** shown in picture to left – if you keep the elbow of the affect arm straight and the thumb pointed down, the stretch will be more effective



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