





## Posterior Shoulder Capsule Stretches

Hold each stretch for 10 seconds, relax and repeat 10 times.

The stretches should be done 3 times a day and will take several weeks for results to be seen

	<p>Lie on your back with your shoulder blades flat on the floor. With your good arm pull your affected arm across your body keeping your arm under your chin. Concentrate on keeping your shoulder blade flat on the floor, do not lift it off or twist at the waist.</p>
	<p>Lie on your affected side on the floor. Rest on your arm as shown and roll slightly forward. The affected arm should be under your ear</p> <p>Place your good hand on the back of the other hand and push the palm towards the feet. Do not allow the elbow of your affected arm to move towards your feet. As the stretch becomes easier, roll your body further forwards</p>