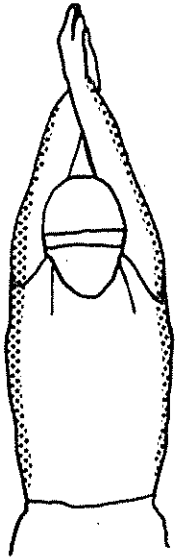


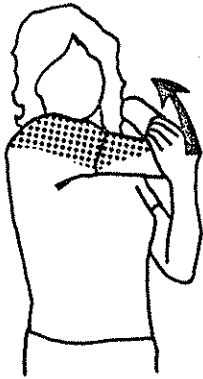
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Stretches for the Shoulder

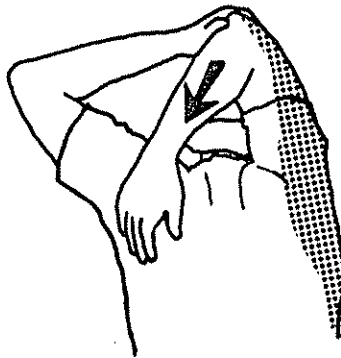


With arms extended overhead and palms together as drawing shows, stretch arms upward and slightly backwards. Breathe in as you stretch upward, holding the stretch for 5-8 seconds.

This is a great stretch for the muscles of the outer portions of the arms, shoulders, and ribs. It can be done any time and any place to relieve tension and create a feeling of relaxation and well-being.

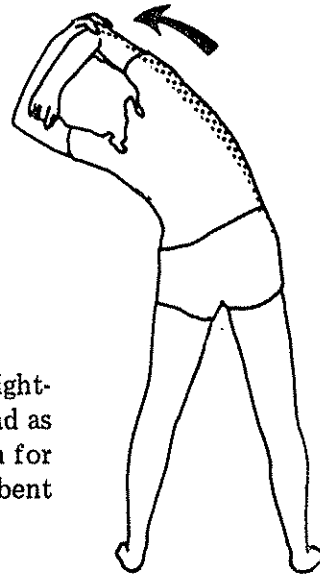


To stretch your shoulder and middle of upper back, gently pull your elbow across your chest toward your opposite shoulder. Hold stretch for 10 seconds.

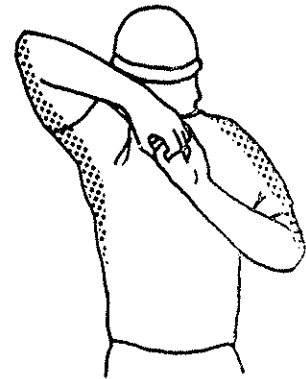


Here is a simple stretch for your triceps and the top of your shoulders. With arms overhead, hold the elbow of one arm with the hand of the other arm. Gently pull the elbow behind your head, creating a stretch. Do it slowly. Hold for 15 seconds. Do not use drastic force to limber up.

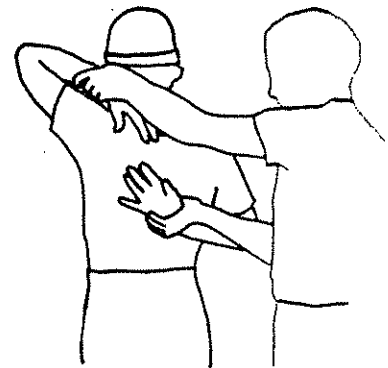
Stretch both sides. Does it feel like one side is a lot tighter than the other side? This is a good way to begin loosening up your arms and shoulders. You can do this stretch while walking.



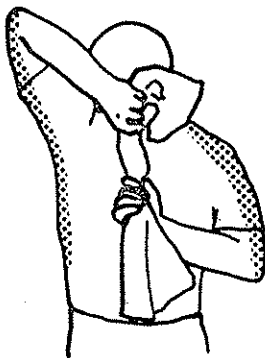
Variation: From a standing position, with your knees slightly bent (1 inch), gently pull your elbow behind your head as you bend from your hips to the side. Hold an easy stretch for 10 seconds. Do both sides. Keeping your knees slightly bent will give you better balance while you stretch.



Another Shoulder Stretch: Reach behind your head and down as far as you can with your left hand and, if you are able, grab your right hand coming up, palm out. Grab fingers and hold. Many will not be able to do this stretch without help. Hold only as long as fairly comfortable. If your hands do not meet, try one of these:



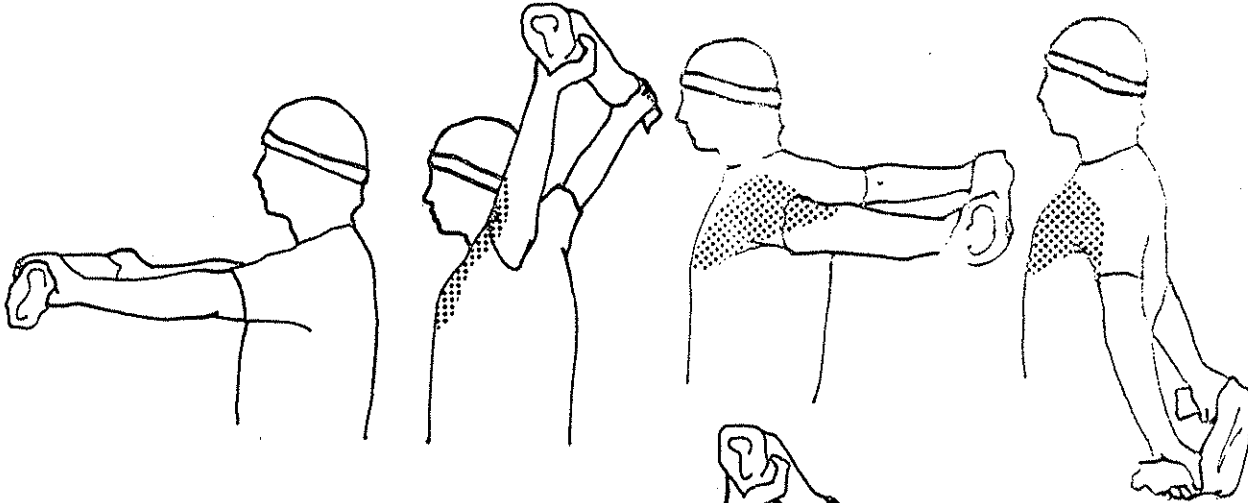
Have someone pull your hands slowly toward each other until you get an easy stretch and hold it. Do not stretch too far. You may get a great stretch without having your fingers touching. Stretch within *your* limits.



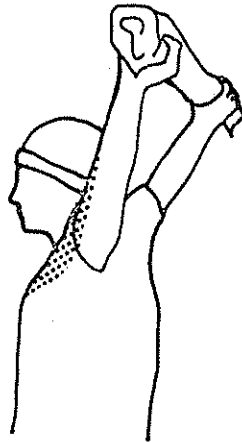
OR

Drop a towel behind your head. With your upper arm bent, reach up with your other arm to hold on to the end of the towel. Gradually move your hand up on the towel, pulling your upper arm down, until your hands are touching.

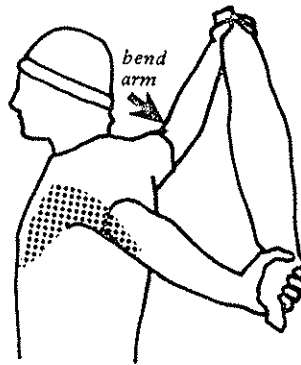
Grab the towel near both ends so that you can move it with straight arms, up and over your head and down behind your back. Do not strain or force it. Your hands should be far enough apart to allow for relatively free movement up and over your head and down behind your back.



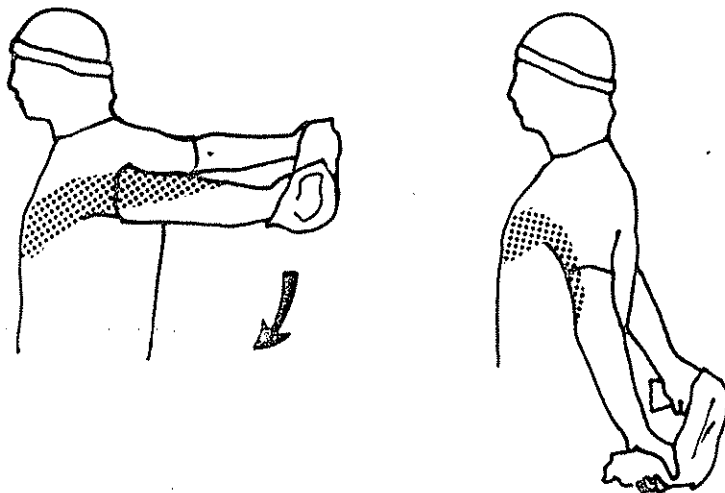
Another series of stretches using a towel is to bring the towel overhead, keeping your arms straight.

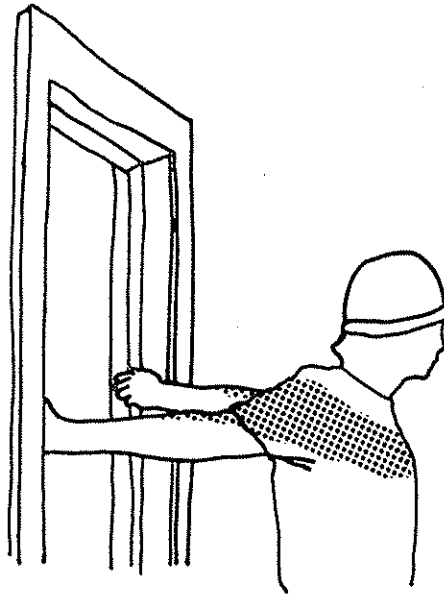


At this point lower the left arm back and behind you at shoulder level as your right arm bends to approximately a 90° angle.



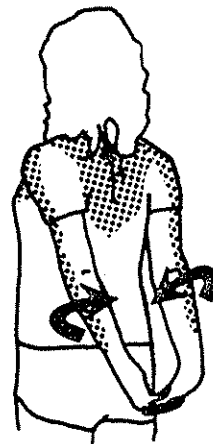
Now straighten the right arm out to the same level as the left arm and then simultaneously move both arms to continue the downward movement.



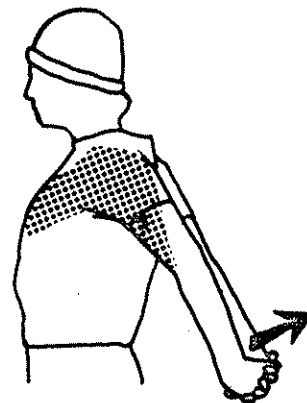


Another stretch is to hold on to a fence or both sides of a doorway with your hands behind you at about shoulder level. Let your arms straighten as you lean forward. Hold your chest up and chin in.

The next stretches are done with your fingers interlaced behind your back.



For the first stretch, slowly turn your elbows inward while straightening your arms.



If that is fairly easy, then lift your arms up behind you until you feel a stretch in the arms, shoulders or chest. Hold an easy stretch for 5-15 seconds. This is good to do when you find yourself slumping forward from the shoulders. Keep your chest out and chin in. This stretch can be done any time.