

Stiff Shoulder Exercises

BOW - Forward Elevation

While seated, place your arm on a stable and gently push your hand forward keeping your elbow straight until you feel a gentle stretch in your shoulder.

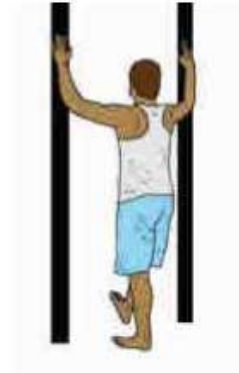
Hold for **30 seconds**. Repeat this **3 times**, and perform this exercise **3 times per day**.



DOOR - External Rotation

Stagger your stance through a doorway. It does not matter which foot is forward. Place your hands at head height on the door frame. Gently lean forward until you feel a gentle stretch in your shoulder.

Hold for **30 seconds**. Repeat this **3 times**, and perform this exercise **3 times per day**.



Hand Cuffs - Internal Rotation

Place your hand behind your back. While keeping an upright posture, gently pull up on your hand until you feel a stretch in the front of your right / left shoulder.

Hold for **30 seconds**. Repeat this **3 times**, and perform this exercise **3 times per day**.

