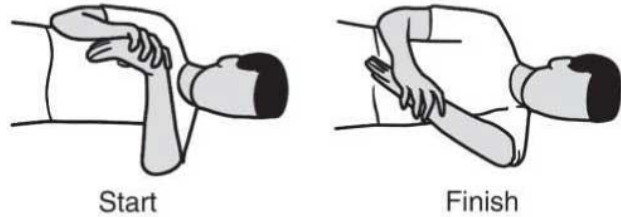


## Posterior Capsule Stretching

### Posterior Capsule Sleeper Stretch

Lay on your side, with the painful shoulder side down. With your down arm, flex your shoulder to 90 degrees. Now take your other hand, and push down 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.

### Posterior Capsule, Cross Arm

Bring your affected arm across your body. Now take your other hand and grab your elbow, and pull your arm against your body 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.

