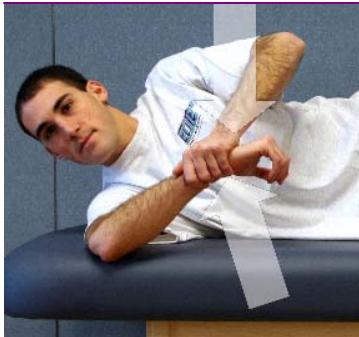


### Upper Extremity Stretching

**Directions:** All stretches should be completed in the following method, hold for 20 seconds and complete 5 repetitions unless otherwise written. Stretches should be completed 4 times a day. The most gains will be made when the muscles are already warm.



**Sleeper Stretch:** Lie on the side of the arm to be stretched. Place your elbow in front of you at a 90° position. With your opposite hand, hold your wrist and slowly push your wrist towards the table until a stretch is felt in the back of your shoulder.



**Internal Rotation Towel Stretch:** Place the back of your hand you wish to stretch against your low back. Grasp a towel in both hands. With your opposite arm gently pull your lower arm upwards until a stretch is felt in your shoulder.



**Corner Stretch:** Place your arms in a 90°/90° position. Using your body weight, lean into the corner until a stretch is felt in the front of your chest.



**Horizontal Adduction Stretch:** Pull the arm of the shoulder to be stretched across your body until a stretch is felt in your shoulder.