



a. Shoulder Flexion Stretch on Wall

[Video Link Standing](#)

Begin in a staggered stance position with both of your hands resting flat on a wall. Slowly slide both hands or one hand up overhead and gently lean your chest toward the wall. Hold, then slide your hand(s) back to the start position, and repeat. Make sure to move within a comfortable range of motion and do not shrug your shoulders during the exercise. You may grasp a towel to reduce friction.



b. Shoulder and Upper Back Stretch

[Video Link Standing](#)

[Video Link Seated](#)

Begin in a standing upright position. Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, grasp your elbow to move it behind your head. Hold this position. Keep your back straight when standing or extend back over back rest of the chair to further stretch upper back. You may grasp your wrist instead of elbow if necessary.



c. Shoulder Wall Angels

[Video Link Standing](#)

Begin in a standing upright position with your back against a wall. Raise your arms out to the side with your elbows bent to 90 degrees and rest them against the wall. Slowly slide your arms straight up the wall, then lower them back to the starting position and repeat. Make sure to keep your back and arms in contact with the wall, and do not shrug your shoulders or arch your lower back during the exercise. Only raise your arms as far as you can without causing pain.





d. Shoulder Circumduction Standing

[Video Link Standing](#)

Begin in a standing upright position with your arms resting at your sides. Place your hands together and raise your arms directly in front of your body, then move them up overhead. Next, separate your hands and let them lower down to your sides, keeping them parallel with your body. At the bottom of the movement, place your hands together and repeat. Make sure to maintain an upright posture during the exercise.



e. Shoulder Abduction with Dumbbells

[Video Link Standing](#)

Begin in a standing upright position with your arms resting at your sides, holding a dumbbell in each hand. Keeping your elbows straight, raise both arms directly out to your sides with your thumbs up, then lower them back down and repeat. Make sure to keep your back straight and do not shrug your shoulders during the exercise.



f. Shoulder Overhead Press with Dumbbells

[Video Link Sitting](#)

Begin sitting against a firm back rest of a chair or inclined bench. While holding a dumbbell with your palms facing forward just above shoulder level, press the weights overhead until your elbows are straight, and then return to the starting position and repeat.

