





Exercises for Shoulder Pain

Group 2: Shoulder Stretches

Click on the titles below to find all exercises on CCGI Youtube channel

✓	Exercises	Instructions	Tips/Notes
	<p>Towel Assisted Stretch[^]</p> 	<p>While standing, use your unaffected arm to drape a long towel over your shoulder and down your back. Your unaffected arm should be behind your head and your affected arm should reach behind your back and grip the lower end of the towel. Gently pull the towel up and allow your affected arm to be pulled up your back.</p>	
	<p>Sleeper Stretch*</p> 	<p>Lie on the side of the affected shoulder, elbow bent at 90 degrees at shoulder height. With the hand of your unaffected arm, grasp the hand of the bent arm and slowly and gently pull your forearm toward the floor until you feel a gentle stretch at the back of your shoulder.</p>	
	<p>Posterior Shoulder Stretch*</p> 	<p>Horizontally pull the elbow of the affected arm with the opposite hand until you feel a light stretch behind the affected shoulder. Maintain this position for 30 seconds and perform 3-5 times daily.</p>	
	<p>Pectoral Stretch*</p> 	<p>Place your forearm on the wall or on a door frame. Bring your chest forward while extending the arm. You should feel a gentle stretch at the front of the shoulder and chest. Maintain this position for 30 seconds and perform 3-5 times daily.</p>	

*These exercises have been developed by the Canadian Chiropractic Guideline Initiative (CCGI) and are based on a systematic review of shoulder pain¹ and expert consensus

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Find out more at <https://www.cdpr-research.org/exercise-videos>

1. Abdulla, S. Y., Southerst, D., Côté, P., et al. (2015). Is exercise effective for the management of subacromial impingement syndrome and other soft tissue injuries of the shoulder? A systematic review by the Ontario Protocol for Traffic Injury Management (OPTIMa) Collaboration. *Manual Therapy*, 20(5), 646-656.