

# SHOULDER STIFFNESS

The easiest way to loosen up a stiff shoulder is to stretch on a regular basis. I use the rule of 3's. Perform the 3 stretches shown below 3 times each, holding each one for 30 seconds, 3 times per day. It will only take 5-10 minutes to do these. You should notice an improvement in 4-6 weeks.

Stand in a corner. Bring your arms up so your hands are level with your head or slightly higher. Rest your hands on the wall. Let your body fall into the corner. You should feel a comfortable stretch, not pain. Hold this position for about 30 seconds.

Hold a towel over your head, the stiff arm over your head. Let the towel fall so that you can grab the bottom of it with your good arm. Gently pull down on the towel, feeling a comfortable stretch in the stiff shoulder. Hold for 30 seconds.

Hold the towel over your head with the good arm now. Place the stiff arm behind your back so you can grab the bottom of the towel. Gently pull upwards on the towel. You should feel a comfortable stretch in the stiff shoulder. Hold for 30 seconds.

