

Hand Across Chest Stretch:

- Using your non-involved shoulder grasp around your elbow of the involved shoulder.
- Use the non-involved arm up to shoulder level.
- Gently pull your arm across your body as seen in the picture.
- You should feel a stretch in the back of the shoulder. You may perform this stretch standing or supine on your back. Hold this stretch for 30 seconds performing 5 repetitions 2 times per day.

