

## Posterior Capsule Stretch

### Sleeper Stretch (side lying):

Lay down on your side on a bed, table, or floor placing your arm at a 90° angle to your body as seen in the picture. Easily push your arm down toward the table until a stretch is felt. Hold this stretch for 30 seconds and repeat 5, 2 times per day.



### Sleeper Stretch (standing):

Lean against a wall and place your involved arm parallel to the floor. Bend your elbow 90° toward body as seen in the picture. Gently rotate your arm downward toward the wall. Hold for 30 seconds and repeat 5 reps, 2 times per day. Make sure that your shoulder blade is held against the wall so that it does not rotate.

