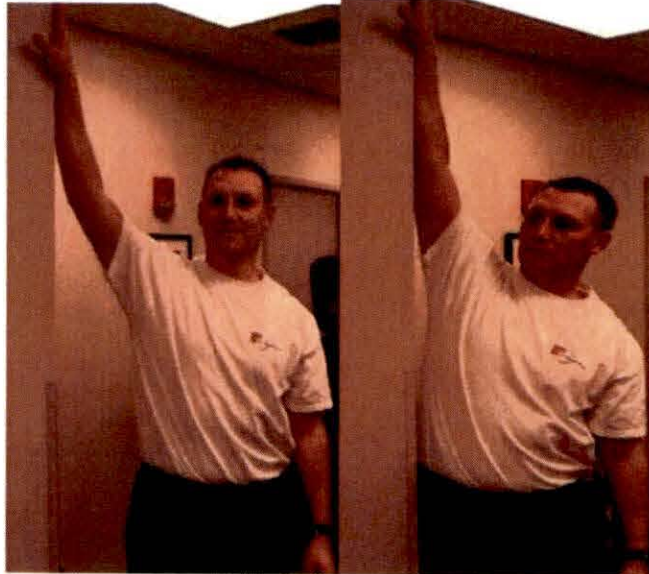


### **Wall Slide into Scaption:**

- Find the corner of a wall in your house. Stand beside the wall with your hip and your involved shoulder facing the wall as show in the picture.
- Put a towel in your hand to decrease the friction from your hand on the wall.
- Slowly and easily slide your hand up the wall as high as you can tolerate using the momentum from your body to elevate your shoulder. Gently lean into the stretch.
- Your goal is to get your armpit to touch the wall. Perform this exercise 5-10 times holding each stretch for 5-10 seconds as tolerated, unless otherwise instructed by physician.



If you are allowed to strengthen, then a corollary to this stretch is to step away from the wall and try to lower the arm actively. Make sure that you “set your shoulder blades” when doing this strengthening exercise by pinching them together as you lower the arm.