

## Shoulder Rotation — Supine Horizontal Adduction (Flexion) (Figures A-D)

- Purposes:**
- To increase the range of motion of shoulder rotation
  - To prevent compensatory movement of shoulder blade during arm motion
  - To prevent compensatory movement of the top of the arm during arm motion
  - To improve the performance of the shoulder rotator muscles

**Starting position:** Hips and knees can be straight or bent with arm at shoulder level with elbow bent to 90 degrees. Place opposite hand on shoulder to prevent it from moving as the arm moves. Place a folded towel under the upper arm and elbow if recommended by therapist.

### Medial rotation—stretch of lateral rotator muscles (see Figure C)

- Method:** Move hand toward hip, keeping shoulder or top of arm bone from moving by Pressure from opposite hand
- Position arm at \_\_\_\_\_ degrees, not at 90 degrees
  - Hold \_\_\_\_\_ pounds of weight in your hand; let your weight pull your hand down toward the table
- STOP if pain is experienced in your shoulder joint  
Do not let your elbow straighten  
Return to the starting position  
Repeat \_\_\_\_\_ times

### Lateral rotation—stretch of medial rotator muscles (see Figure D)

- Method:** Let your hand move toward your head, keeping the top of your arm bone from pushing into your restraining hand
- Position your arm at \_\_\_\_\_ degrees, not at 90 degrees
  - Hold \_\_\_\_\_ pounds weight in hand; let weight pull hand toward table
- STOP if pain is experienced in your shoulder joint  
Return to starting position  
Repeat \_\_\_\_\_ times

### Horizontal adduction

- Method:** Lift your arm, keep your shoulder blade on the table, and bring your arm in front of your body  
When your arm is in front of your body, with your elbow pointing toward ceiling, use your alternate hand to pull your arm farther across your body toward the opposite shoulder
- Use your hand to push your arm down toward the table as you move
  - Keep your shoulder blade flat against the table
- Repeat \_\_\_\_\_ times

