

Supine Shoulder External Rotation Stretch (Active Assisted)

Lie on your back with your knees bent and feet flat on the floor. Hold a light weight in your hand and rest your upper arm on the floor beside you at shoulder height. Your elbow should be bent with your forearm pointing towards the ceiling.

Pull your shoulder blade back and down towards your spine so both your upper arm and shoulder blade are resting flat on the floor. Hold the shoulder blade in this position for the entire exercise.



Slowly rotate your arm backwards to bring your hand towards the floor. At the end of the motion lightly contract your shoulder muscles to pull the arm further towards the floor and increase the stretch.

Hold for a few seconds then slowly return to the starting position.

Repeat 10-15 times.



Notes:

- Keep the shoulder blade retracted (pulled back towards the spine) for the entire exercise - there will be a tendency for the shoulder blade to round forward as the hand rotates forward
- Only lift the arm up until the forearm is facing straight up
- As strength improves you can increase the resistance by using a heavier weight and/or doing the exercise on the side of a bed so the hand can drop down below the shoulder.