

## STRETCHES FOR TIGHT POSTERIOR CAPSULE

### The Sleeper Stretch

Lie on the affected side with your upper arm 90° to your body and your elbow both at 90°. With your other hand gently push downwards on the back of the wrist. Ideally you are on a firm mattress or the floor to hold your shoulder blade steady.



*Hold for 10-15 seconds. Pause and repeat exercise 5-10 times.*

### The Swimmer's Stretch

Take your affected arm across your body to rest the hand on the opposite shoulder. Grasp the elbow with your good hand, gently pushing the elbow back and keep pressure on as you pull the elbow and arm across your chest until you feel a stretch.



*Hold for 10-15 seconds. Pause and repeat exercise 5-10 times.*

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