

Shoulder Mobility

13. Capsule stretch



- Lie on your side with the affected shoulder under you and your elbow at shoulder level.
- Lower your hand toward your feet until you feel a stretch at the back of your shoulder.
- Hold the stretch and relax.

14. Horizontal Adduction Stretch



- Lay on your back and pull the elbow with your opposite hand to gently bring the arm across your body until you feel a comfortable stretch behind the shoulder. If you can't feel the stretch, pull the shoulder blades together to enhance the stretch.

15. External Rotation



- Hold a “broom handle” club in the fingers of your left hand and down the outside of your humerus, just above the elbow, with your arm bent at 90 degrees at the elbow, and your elbow up in front of your shoulder.
- Hold the bottom end of the broom handle with your right hand. This is the starting position.
- Keep your left elbow still as you slowly push the back of your left wrist to the left, rotating your forearm and the broom handle around your elbow.
- Once you have rotated your forearm around your elbow as far as you can, pull on the golf club gently with your right hand, keeping your left elbow still, to increase the stretch

16. MedBall Rolling



- Place the med ball in front of the shoulder and roll in front of the chest, shoulder and arm.