



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

ANTERIOR SHOULDER TIGHTNESS

Home Exercises

Shoulder Dysfunction

Anterior tightness and periscapular weakness can be contributing factors to shoulder pain and dysfunction. Periscapular weakness occurs when the muscles that attach to the shoulder blade fail to provide adequate support for the shoulder complex as a whole. Loss of balance between flexibility and strength can lead to scapular dyskinesia. Scapular dyskinesia is recognized as an alteration of normal shoulder movement.

How does shoulder dysfunction occur? Anterior tightness, periscapular weakness, and scapular dyskinesia can be the result of trauma, repetitive use, and/ or poor posture. Much of life happens in front of us. Computers, phones, cooking, and sitting subject us to more of a forward flexed posture. If trauma occurs, our immediate response is to protect our shoulders by posturing in a forward flexed position. Over time, this position contributes to shortening of the chest muscles and lengthening and weakening of the back muscles. Ultimately, this also leads to decreased spacing at the anterior shoulder joint where the rotator cuff muscles can then be irritated, frayed, or even torn.

The goal of therapy is to restore normal movement of the shoulder through strengthening, stretching, and postural correction.

Poor Posture



- Shoulders rounded forward
- Ears lined up in front of shoulders
- Chin forward and down
- Spine is unsupported and compressed
- Belly pushed out

Good Posture



- Shoulders pulled back and down
- Ears lined up with tip of shoulder
- Chin pulled back and in
- Spine is supported and lengthened
- Belly is pulled in

Poor Posture

- Head tipped forward and down
- Upper back rounded forward
- Shoulders rounded forward
- Body leans toward the device



Good Posture

- Head level and chin pulled back and in
- Upright posture
- Shoulders pulled back and down
- Device is brought toward eye level



PECTORALIS DOORWAY STRETCH - LOW

While standing in a doorway, place your arm downward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed downward towards the floor along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times *Hold 30 Seconds*
Complete 1 Set *Perform 2 Times a Day*



PECTORALIS DOORWAY STRETCH - SINGLE ARM - HIGH

While standing in a doorway, place your arm upward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed upward towards the ceiling along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

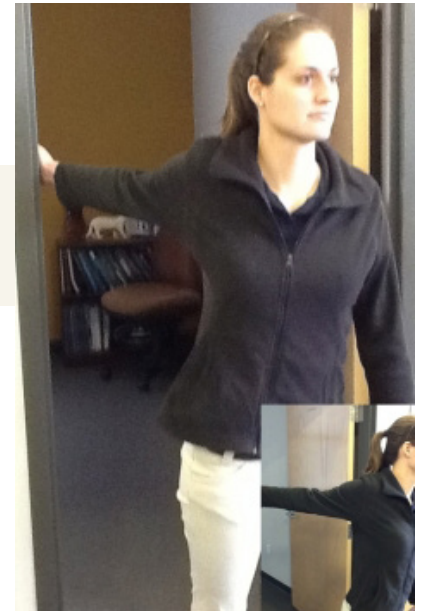
Repeat 3 Times **Hold 30 Seconds**
Complete 1 Set **Perform 2 Times a Day**



ANTERIOR GLENOHUMERAL CAPSULE STRETCH

Grasp a doorway, or other stable object, at shoulder height and rotate your torso away until you feel a stretch in the front of the shoulder.

Repeat 3 Times **Hold 30 Seconds**
Complete 1 Set **Perform 2 Times a Day**



PEC MINOR STRETCH-HANDS BEHIND BACK

While standing tall, place your hands behind your back with interlocking fingers and palms together. Roll your shoulders back and squeeze your shoulder blades together to feel a moderate stretch across the front of your chest and shoulders. Keep your palms together at all times.

Repeat 3 Times **Hold 30 Seconds**
Perform 2 Times a Day



PEC STRETCH WITH FULL FOAM ROLLER

With your knees bent, lie down on top of a foam roller in line with your spine. Your tailbone and head should be resting on the foam roller. Spread arms out to your sides, letting the backs of your hands fall onto the floor/mat and stretching your chest and anterior shoulder. Hold.

Repeat 3 Times **Hold 30 Seconds**
Perform 2 Times a Day



DOORWAY ER STRETCH

Doorway stretch for ER

Facing the door frame place Palm of the hand on the frame with the affected arm. Keeping elbow pinned close to the body rotate the body away from the affected arm until a stretch is felt in the affected shoulder.

Repeat 1 Time **Hold 30 Seconds**
Complete 3 Sets **Perform 2 Times a Day**

