

Side Lying Posterior Rotator Cuff Stretch:

Exercise Purpose:

To stretch your posterior (back)
rotator cuff muscles



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=831>

Key Points:

- The left rotator cuff muscles are being stretch in the picture
- Lie on your left side with your knees bent
- Make sure that your left shoulder blade is tucked down and back and that your left shoulder does not rotate forward underneath you
- Have your upper left arm at a 45 degree angle from your trunk
- Keep your left elbow at a 90 degree angle throughout
- Apply pressure with your right hand and pull your left hand towards your stomach
- Keep your upper arm and elbow in a fixed position throughout
- Once you have pulled your left hand towards your stomach you may either hold this position or perform a more dynamic stretch by repeating the stretch several times without holding
- Relax your shoulders and breathe gently throughout