



Bloomsbury Osteopathy

# Shoulder Exercises

## External Rotator Stretch (Teres Minor/Infraspinatus Stretch) SHOM11

### Function:

To stretch, lengthen, relax the muscles that outwardly twist the upper arm. To stretch the

### Method:

### Starting Position:

Place the arm of the affected side horizontally across the chest with thumb pointed downward. Using the vertical forearm of the unaffected side, contact the elbow of the horizontal arm.

### Action:

Using the vertical forearm gently pull the horizontal arm both toward and across the chest until a stretch is felt in the affected shoulder. Hold this position for 20 seconds whilst breathing slowly and deeply. Then return to the start position.

### Notes:

Be sure not to rotate the torso during this exercise as this will lessen the stretch of the targeted muscles of the shoulder.

STRETCHES OF THE SHOULDER:  
1. POSTERIOR DELTOID MUSCLE  
2. SUPRA- AND INFRASPINATUS, TERES MINOR, TRICEPS MUSCLES  
3. SHOULDER LIGAMENTS AND MUSCLES  
(SHOM11)



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