

TOWEL ROLL / FOAM ROLLER STRETCHES:

1. Practice the following stretches on a flat surface (floor or bed if you cannot get onto the floor). If you have your full range of motion, progress to using a bolster: Fold dry towel in 1/2 and roll it up or use a foam roller.
3. Have a pillow to support your neck as needed.
4. Bend your knees up to protect your lower spine as needed.
5. Relax and breathe!!! Stay in this position as long as is comfortable (up to a couple minutes) letting gravity and your body weight work for you to gently stretch.
6. This should FEEL GOOD. If it doesn't – STOP!!

Now add some arm movements...

A. Arms out to the sides in a “T” position (shoulder abduction):



Level 1: on the floor (you can add pillows under your arms if you cannot get them on the floor yet)



Level 2: laying with a towel roll along your spine



Level 3: Lay on a foam roller

B. Arms overhead (shoulder flexion): Modify on floor or towel roll as needed



Level 1: Arms to $<90^\circ$ for the first 2 weeks



Level 2: Work your way overhead (thumbs down) until you are at your full range of motion with no pain

C. Hands behind head (try to pull elbows towards the floor)



(You can start with your hands at the nape of your neck and elbows up to the ceiling until you work your way to full range of motion)

D. Snow angels:



Start: palms up, hands by your pockets



Slowly raise your arms to the sides...



Until your arms are overhead as far as you can go