

SLEEPER STRETCH HANDOUT

Created by Chris Verna, ATC, Modified by Phil Donley, ATC, PT *Used by Permission*

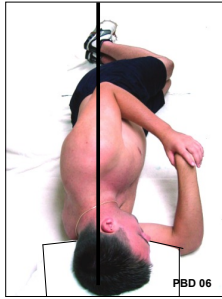
Hold stretches for 20-30 seconds, repeat 3x in each position. Do stretches 2-3 x/day & before /after throwing
<http://www.youtube.com/watch?v=LiFRTrywbW4> for video

Side lying sleeper position, hip and knee flexed position.

Retracted neck and chin.

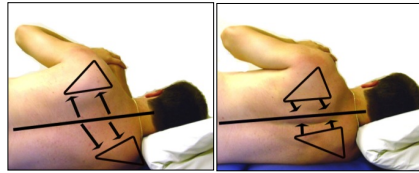
Head in line with the spine with a support.

Trunk perpendicular to the surface



Side Lying Sleeper Stretch Scapular Positions

Proper Head Position, In Line With Spine



Improper Scapulae Position, Protraction

Proper Scapulae Positions, Isometric Retraction

Proper Head Position, In Line With Spine.



90 Shoulder Flexion Start Position

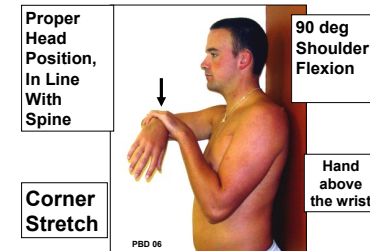
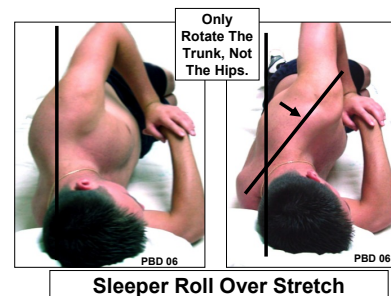
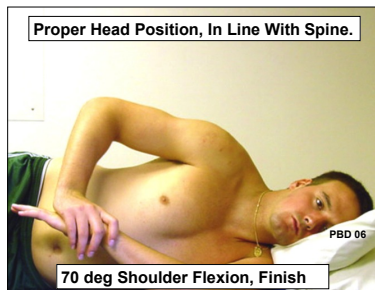
Proper Head Position, In Line With Spine.



90 Shoulder Flexion, Finish Position

Pull the back of your upper arm down into the surface slightly before rotating arm

The side lying stretch is the most effective. Grab the long bones of your forearm just below your wrist joint. You can also grab your elbow and use your forearm to push down into the stretch. Go to the point of discomfort where you feel a stretch in the **back of your shoulder**, then tilt your chest toward your elbow to accentuate the stretch. *Do not lean back, keep your back straight. If possible put your back against a wall.* If it is not possible or practical for you to lay on your side to do the stretch, wedge yourself into corner where your back, head, and the back of your upper arm from your shoulder to elbow are flat against a wall. Do the stretch as you would otherwise in the 3 positions 70, 90, 110, holding for 20-30 seconds 3x in each position.



Standing version, only if cannot do side lying