

BodyRelax

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Broom Stick Subscapularis Stretch

Instructions

Preparation

Grasp end of pole to side of head with other end of pole behind arm. Bring elbow forward slightly and bend wrist back. Reach around body with opposite arm and grasp lower end of pole. Place pole in middle of the back side of the upper arm. Position elbow at height of shoulder.

Execution

Pull lower end of pole forward so shoulder is externally rotated.. Hold stretch. Repeat with opposite arm.



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Doorway Subscapularis Stretch

Instructions

Preparation

Stand at end of wall or in doorway facing perpendicular to wall. Bent elbow and place inside of forearm on surface of wall. Position bent elbow just below the height of shoulder. Place far leg forward and near leg back.

Execution

Bent over at hip while bending knees slightly. Hold stretch . Repeat with opposite arm.

Comments

Bent knees slightly so stretch is not limited by hamstring flexibility and to keep shoulder from being pushed forward.

