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YOUR THERAPIST
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5-10 min
Warm-up swim
50% intensity

apply heat to
shoulders or upper
back prior to
swim or exercise
10-15 min

apply ice @ end
of practice or
to any acute onset
of shoulder or back
pain
10-15 min

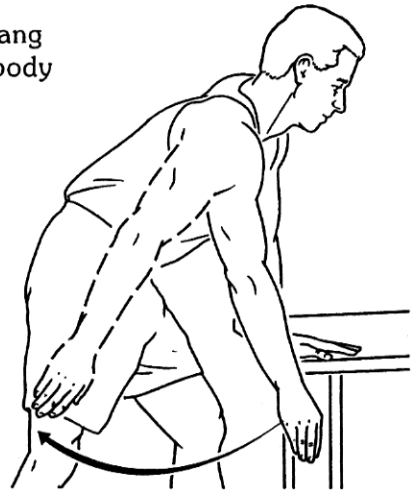
stop swimming or
exercise if pain
is consistent or
becomes progressively
worse

symptoms that do
not improve over
a 1-2 wk span →
should seek M.D.
evaluation

SHOULDER - 97
ROM: Pendulum (Flexion / Extension)

Let RIGHT / LEFT arm hang
and use momentum from body
to swing arm
forward and back.
Progress from small
to larger swings.

Repeat ___
times per set.
Do ___ sets
per session.
Do ___ sessions per day.

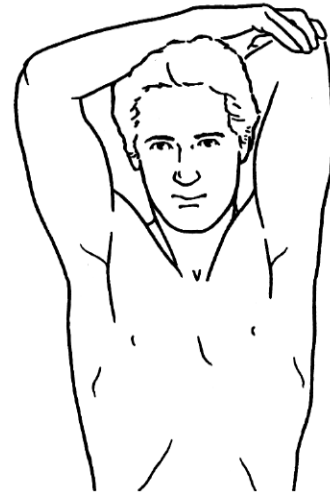


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SHOULDER - 71
ROM: Inferior Capsule Stretch

Gently pull on
RIGHT / LEFT
raised elbow
with other hand
until stretch is felt
in shoulder.

Hold ___ seconds.
Repeat ___ times per set.
Do ___ sets per session.
Do ___ sessions per day.



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SHOULDER - 72 Posterior Capsule Stretch

Gently pull on elbow with
opposite hand until a
stretch is felt in shoulder.

Hold ___ seconds.
Repeat ___ repetitions/set.
Do ___ sets/session.
Do ___ sessions/day.



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CERVICAL SPINE - 1
AROM: Neck Rotation

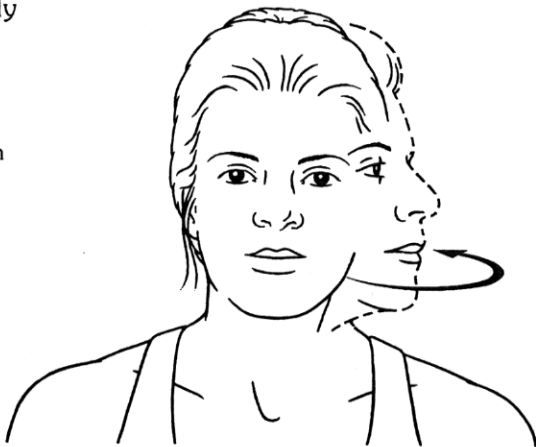
Turn head slowly to look over one shoulder, then the other.

Hold each position ____ seconds.

Repeat ____ times per set.

Do ____ sets per session.

Do ____ sessions per day.



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NECK 23
Side Benders

Pull head to one side until stretch is felt. Repeat to other side.



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Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.

CERVICAL SPINE - 29
Chest / Bicep Stretch

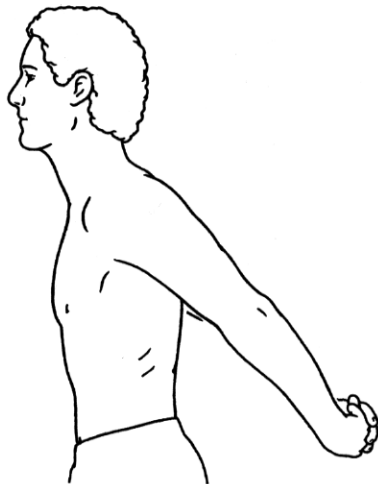
Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms.

Hold ____ seconds.

Repeat ____ times per set.

Do ____ sets per session.

Do ____ sessions per day.



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CERVICAL SPINE - 30
Lower Cervical / Upper Thoracic Stretch

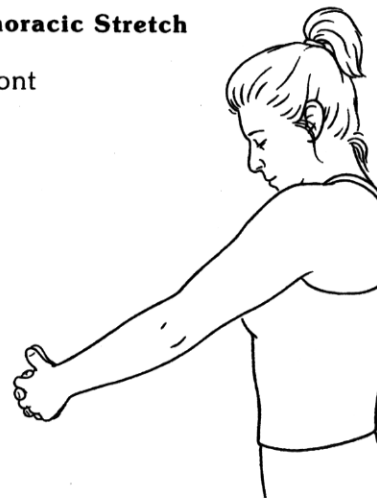
Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward.

Hold ____ seconds.

Repeat ____ times per set.

Do ____ sets per session.

Do ____ sessions per day.



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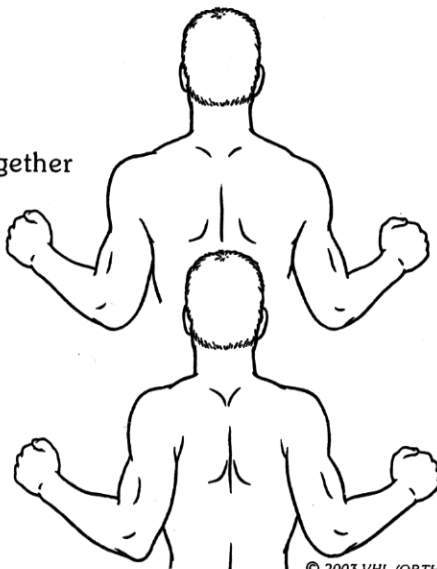
SHOULDER - 103
Scapular Retraction
Elbow Flexion (Standing)

With elbows bent to 90°, pinch shoulder blades together and rotate arms out, keeping elbows bent.

Repeat ____ times per set.

Do ____ sets per session.

Do ____ sessions per day.



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CERVICAL SPINE - 24
Flexibility: Corner Stretch

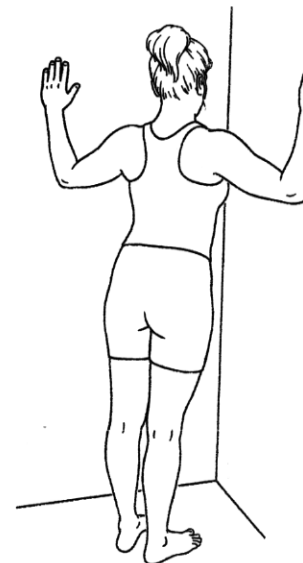
Standing in corner with hands just above shoulder level and feet ____ inches from corner, lean forward until a comfortable stretch is felt across chest.

Hold ____ seconds.

Repeat ____ times per set.

Do ____ sets per session.

Do ____ sessions per day.



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