

❖ Therapeutic Method for Treating Soft-Tissue Tightness

If your patient has tightness around the shoulder, you may want to work on slow stretching before scapular mobilization. Remember, always move to the point of any resistance or discomfort and no further. **Watch the patient's facial expression for any signs of pain or discomfort and if you notice any, stop immediately.**

Starting Position

Begin with the patient position in supine, on the mat table or in bed.

Handling

1. Gently bring the hips and knees into flexion and leave the arm down to the side.
2. Gently guide both knees from one side to the next, giving a slow and gentle stretch.
3. Next, carefully bring the arm into some shoulder abduction. **Remember, work only within a pain-free range.**
4. With the arm resting supported on the mat in abduction, slowly and gently bring the knees over to the side again. This is a great way to work on **preventing** tightness, too.
5. If you want to maximize the stretch through the pectoralis, bring both arms into horizontal abduction!



Tips

Supine is a nice position for a self ROM program, especially for someone with a heavy arm or poor trunk control. You may want to have your patient do their exercises (in supine) after this preparation.

⌘6 Pause and Practice with a Partner

Notes
