

⌘12 Pause and Practice:

Reducing Soft Tissue Tightness of the Shoulder

This technique is extremely helpful in reducing shoulder pain caused by soft tissue tightness. It can also be helpful in preventing shoulder pain by putting the muscles of the trunk and shoulder on a gentle stretch.

If your patient has tightness around the shoulder, or complains of pain in weight bearing, you may want to work on slow stretching in preparation for weight bearing. 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.

Starting Position

- Begin with the patient in supine on the mat table.

Handling

- Gently bring the knees and hips into flexion. Place the feet on the table.
- Let the involved arm rest on the mat table.
- Slowly move the knees to the side, putting the muscles of the trunk on length.
- Hold at end range for 10 to 15 seconds, or as the patient tolerates. Do not force ROM.
- Gently bring the knees to the opposite side, with a slow and gentle stretch to the trunk.
- Never go past the point of discomfort.
- Repeat, moving the knees side to side.
- Carefully bring the arm into slight abduction, working only within a pain-free range.

