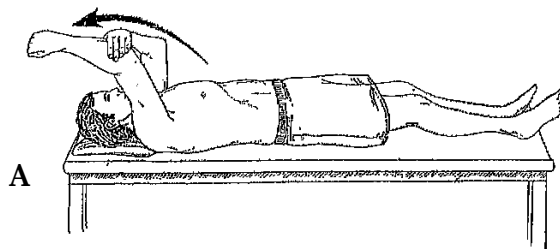
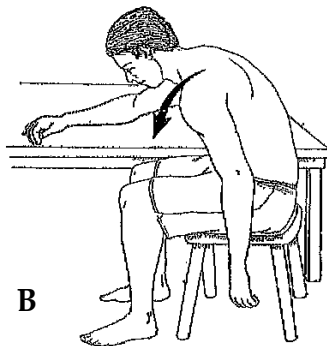


Patient Directed Posterior Capsular Stretching

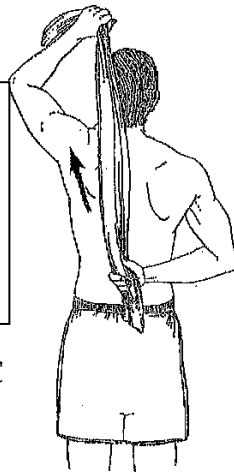
Scott C. Slattery, MD
Sports Medicine at Washington Orthopaedic Center



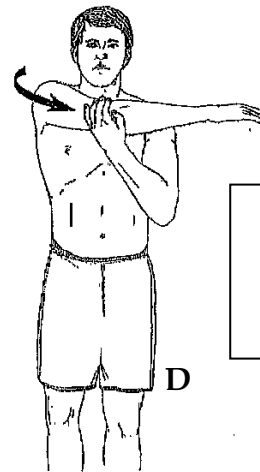
A- Stretching in overhead reach using the opposite arm as the therapist.



B- Stretching in overhead reach using the progressive forward lean to apply a gentle elevated form to the arm.



C – Stretching in internal rotation using a towel to apply a gentle stretching force.



D - Stretching in cross-body reach using the opposite arm as the therapist.