



Balance & Motion

MASSAGE THERAPY

Rotator Cuff & Chest Stretches

Proper technique for static stretches: 1) Warm up for 5-10 minutes. 2) Perform the movement until you feel a mild pull sensation. 3) Hold position for 20-30 seconds or until you feel the mild stretch sensation decrease. 4) Stretch both sides twice. **SP** = starting position **M** = movement **FS** = feeling of stretch



External Shoulder Rotation (Rotator Cuff)

SP: Arm behind back, elbow bent at 90 degrees
M: Lift hand toward bottom of opposite shoulder blade.
FS: Shoulder blade and side of shoulder.



Shoulder Abduction (Rotator Cuff)

SP: Straight arm, reach hand across back to opposite hip.
M: Lean head toward opposite side.
FS: Top of shoulder and side of neck.



Internal Shoulder Rotation (Rotator Cuff)

SP: Hand on back of neck, elbow pointed up
M: Move hand toward top of opposite shoulder blade.
FS: Armpit area



Anterior Deltoid/Chest

SP: Hands on low back, depress shoulders.
M: Bring elbows together.
FS: Front of chest

Paula Burchat BA, RMT, ART certified



Balance & Motion
MASSAGE THERAPY

Paula Burchat BA, RMT, ART certified

50 HUTCHISON AVENUE, OTTAWA, ONTARIO, K1Y 4A3 CANADA ~ 613.301.3131 ~ paula@balanceandmotion.ca
www.balanceandmotion.ca