

## Shoulder Band Distraction Stretching

### Overhead Flexion



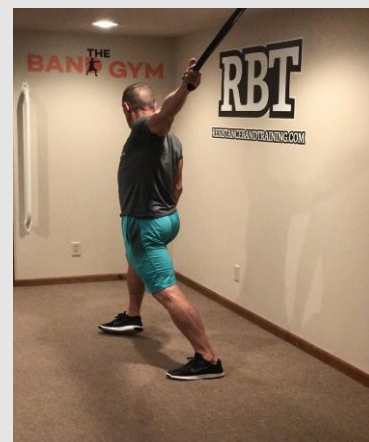
**Band Attachment Site** – Single Band Double Loop attached onto Right wrist

**Body Alignment** – Aggressive staggered stance with left foot forward when stretching right shoulder

**Dynamic Stretch Action** – Keeping tension on the band to create distraction, lean forward at the waist while allowing arm to be taken into full flexion. Oscillate the upper torso in and out of flexion while creating greater shoulder flexion range of motion

**Progression** – Positioning feet into a longer staggered stance and bring chest closer to the floor increasing shoulder flexion or using a stronger band

### Anterior Shoulder (Horizontal Abduction)



**Band Attachment Site** – Single Band Double Loop attached onto Left wrist

**Body Alignment** – Feet positioned perpendicular to band

**Dynamic Stretch Action** – Keeping tension on the band to create distraction, rotate upper torso to the right, opening up left anterior chest

**Progression** – Positioning feet slight more rotated away from band attachment or performing a greater upper torso rotation or using stronger band

## Posterior Shoulder (Horizontal Adduction)



**Band Attachment Site** – Single Band Single Loop attached onto Right wrist

**Body Alignment** – Position feet perpendicular to the band

**Dynamic Stretch Action** – Bend forward at the hips to 90 degrees. Perform a subtle upper torso rotation to the right while keeping hip flexion at 90 degrees or more

**Progression** – Positioning feet slightly more rotated away from band attachment or performing a greater upper torso rotation or using a stronger band

## Lateral Overhead Flexion



**Band Attachment Site** – Single Band Double Loop attached onto Right wrist

**Body Alignment** – Kneeling on right knee with left foot forward when stretching right shoulder

**Dynamic Stretch Action** – Keeping tension on the band to create distraction, rotate upper torso to the right while allowing band to take right arm into overhead lateral flexion-adduction

**Progression** – Increasing upper torso rotation right, gliding upper body more to the left, using a more aggressive band