



Gordon I Groh MD, MBA

Shoulder, Elbow & Hand Surgery

American Shoulder and Elbow Surgeons
American Society for Surgery of the Hand
American Academy of Orthopedic Surgeons

Asheville Orthopedic Associates

An Affiliate of Mission Health
111 Victoria Ave. or 310 Long Shoals Rd.
Asheville, NC 28801

828 252 7331 – www.DrGordonGroh.com

SHOULDER STRETCHING EXERCISES

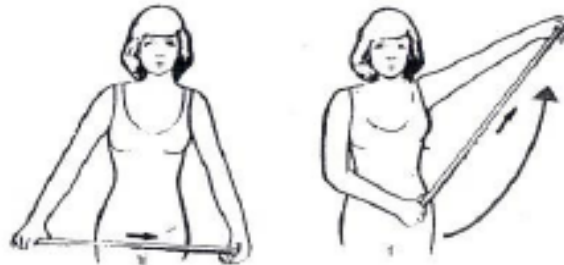
STICK EXERCISES

Do each exercise _____ times
Hold each time for _____ counts
Do exercise program _____ times per day

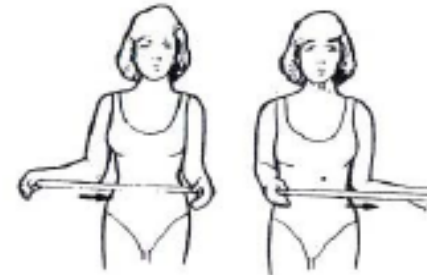
Pendulum Exercise



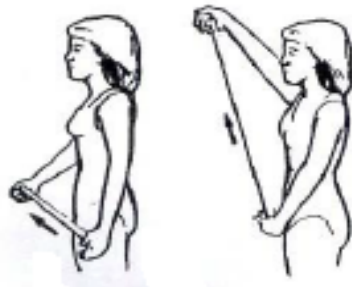
Abduction



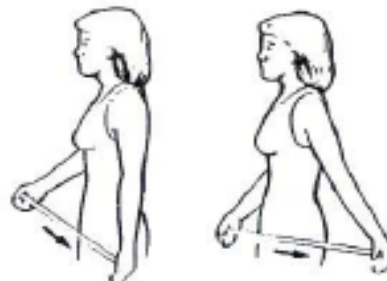
External Rotation



Flexion



Extension



Internal Rotation

