

Towel stretch



Hold a 3-foot-long towel in both hands behind your back in the horizontal position. Then use your good arm to pull the towel so that your affected arm moves toward your lower back. You can also hold the towel at an angle (as shown) to do this exercise. Repeat this stretch 10 to 20 times.

Pendulum stretch exercise



To do this exercise, you can sit or stand. Relax your arm and let it hang down. Move your arm back and forth, then side to side, and then around in small circles in both directions. After about a week, you can make the exercise harder by making bigger movements or holding a weight in your hand.

Walk-up-wall stretch



Face a wall and stand about three-quarters of an arm's length away. Put your fingers on the wall. Then walk your fingers up the wall until your arm is at shoulder level. Use your shoulder muscles as little as possible and keep your shoulders level (do not shrug them). Repeat this stretch 10 to 20 times.

Armpit stretch



Use your good arm to lift the affected arm onto a shelf, dresser, or other object that is chest high. Gently bend at the knees, so that your armpit stretches open. Try to push the arm up a little bit farther with each stretch. Repeat this stretch 10 to 20 times.

Courtesy of Bruce C Anderson, MD.