



(a)



(b)

Figure 6 Posterior capsule stretch: (a) start position and (b) end position

## Posterior capsule stretch

### Purpose:

This is an important exercise to improve posture so that your shoulder(s) is not rounded forward.

### Starting position:

\_ Lying on your side with arm at shoulder height, elbow bent 90° and arm turned in.

### Exercise:

- \_ Hold your arm turned in and slowly roll your chest/torso forward.
- \_ A stretch should be felt in the back of the shoulder not the front (Fig. 6).
- \_ Slowly rock over your shoulder repeatedly.

**Fine tuning:**

**\_ If it is hard to isolate the stretch to the back of the shoulder try to lower your arm towards your side, then turn it in more and roll farther forward over it.**