

Spikey Ball Supraspinatus Massage

Stand up straight, with good posture, and place a spiky ball between the top of your shoulder blade and a wall. Place your arms across your chest. Rotate your body left and right to move the ball around the top of your shoulder blade to create a stretch to the supraspinatus muscle.

Perform both sides

Video: http://youtu.be/E_ksDPQvbWg

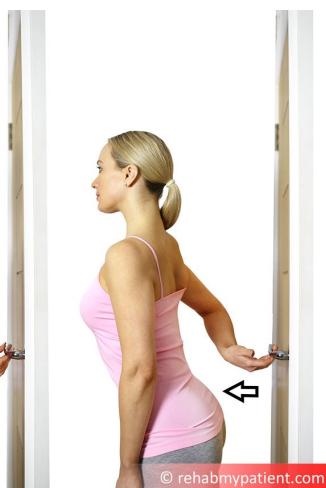


Subscapularis Strengthening

Stand up with your back close to a wall. Place your arm behind your back with your palm flat against the wall. Push backwards against the wall. Hold the contraction, and relax. Repeat as required. This exercise will strengthen your subscapularis muscle.

Perform both sides

Video: <https://youtu.be/DrxCshkiRP0>



Teres Minor Door Stretch

Stand up with your back next to a closed door. Hold the door handle. Take a small step forwards, and then lean forwards. With some practice, you should be able to feel a stretch around the outside of your shoulder blade.

Perform both sides

Video: https://youtu.be/rlur_HRH8Y8



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Teres Major Stretch Standing

Stand up and place your arm up towards your ear. Wrap your arm over and around your head. You should feel a gentle stretch just beneath your arm pit. This is the teres major stretch.

Perform both sides

Video: <https://youtu.be/D27Ow3LxhO4>



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Teres Major Stretch Standing Medium

Stand up and place your arm up towards your ear. Wrap your arm over and around your head. You should feel a gentle stretch just beneath your arm pit. To make the stretch stronger, pull against your arm. This is the teres major stretch.

Perform both sides

Video: <https://youtu.be/GOUN31Yv3H4>



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Teres Major Stretch Standing Strong

Stand up and place your arm up towards your ear. Wrap your arm over and around your head. You should feel a gentle stretch just beneath your arm pit. Pull against your arm, and side-bend. This is the teres major stretch.

Perform both sides

Video: <https://youtu.be/q7hPoA4dID4>



Mid-Deltoid Stretch

Place your arm across your chest, and resist pulling your arm away from your body. Your arm should not move. This exercise stretches the mid-deltoid muscle located in the upper arm and shoulder.

Perform both sides

Video: <http://youtu.be/CPnpQVDzVgM>

P.S. Additional advice sheet

You will find the advice sheet attached in your email

[- Supraspinatus Tendinopathy.pdf](#)

[- Pronator Teres Syndrome.pdf](#)